What could participation look like?

Hana Dansky, Ingrid Castro-Campos, Lindsey Loberg
Boulder Food Rescue



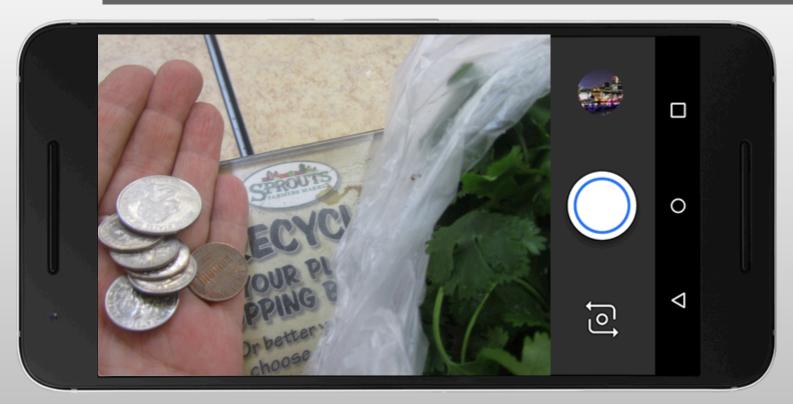
Researcher: "Do you feel like you have a voice in any way?"

Participant: "Oh absolutely not. No. There's nothing you can suggest at any of them. It is the way it is and if you don't like it, don't come."

Agenda

- 1. Research Overview
 - a. Data Collection and Analysis
 - b. Outreach
 - c. Inclusivity
 - d. Data Analysis and Key Themes
 - e. Evidence-Informed Practice
 - f. Design Workshops
- 2. Practice Participatory Methods

(a)Multi-Media Elicited Interviews (MEI)



(a) Community Based Participatory Research: Food Access in Boulder,

3 phases of research:

- 1- Multimedia-elicited interviews
- 2-Participatory data analysis workshops
- 3-Design workshops



(b) Outreach

We aimed to get participation from different communities including people with uncertain or non-conforming housing, the Latin@ community, older adults, people with disabilities, and families.

Our outreach efforts included:

- Using flyers and small handouts
- Word of mouth and relationships
- Snowball sampling
- Working with food pantries
- Working with federal programs
- School-based or education programs
- Housing sites and programs
- Soup kitchens and community meals
- University classes, offices, and programs

(c) Inclusivity

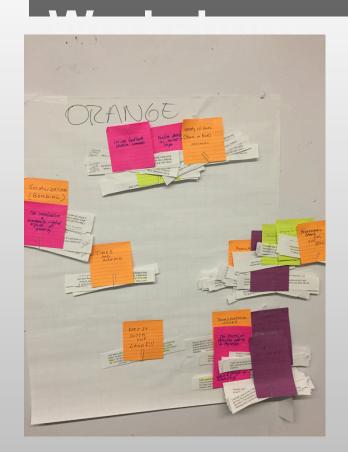
- Food (meal and to go)
- Incentives (pay people for their time)
- Wheelchair accessibility
- Transportation
- Day of week, time of day
- Language
- Childcare

Effective Latin@ community participation required of cultural sensibility and adaptability. Expanding participation opportunities and direct involvement.

A constant sense of curiosity and an empathetic environment strengthened trust and a sense of empowerment among participants.

Several engaged participants were part of more than one phase of the research and eager to stay involved.

(d) Participatory Data Analysis





(d) Select Key Themes

- Valuing fresh, healthy foods
- Transportation challenges
- Limited hours of operation at programs
- Challenges discovering programs
- Red tape and paperwork
- Community and socialization
- Shame and stigma (internal negativity)
- Lack of respect (external negativity)
- Control
- Lack of participatory opportunities

(e) Evidence-Informed Practice

Examples of tangible ways this influences our work

Transportation challenges \rightarrow Bring food to where people are gathered

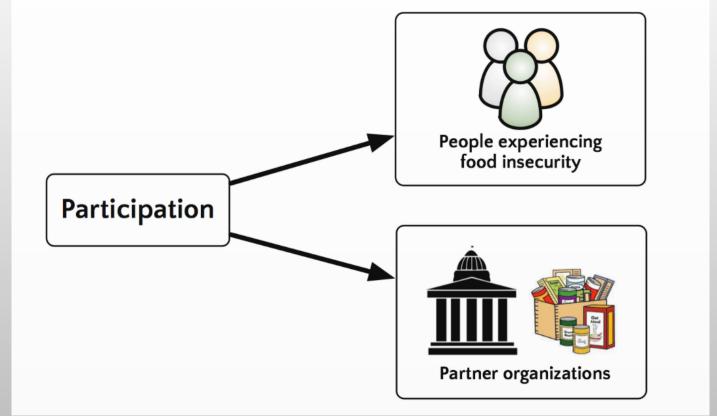
Red tape and paperwork → Don't have poverty-proving requirements

Limited hours → Let food stay accessible to others in residential site

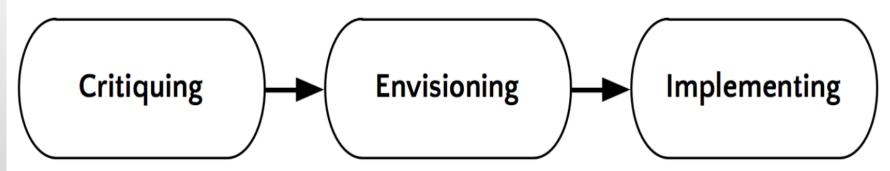
Lack of control → Residents run their own redistribution programs



(f) Translating Findings Into Action Focusing our activities



(f) Design Workshops Protocol









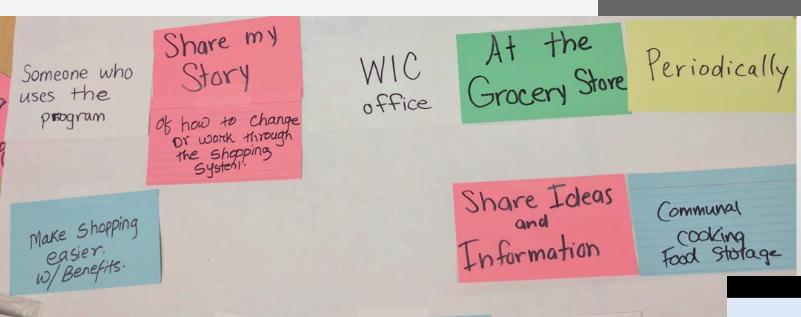
Critiquing

What makes it hard for you to have a voice in the resources you use?

- or -

What makes it hard for people to have a voice in the programs or systems you are responsible for?

Envisioning



Twith talk to people who can influence people involved

Systems
Change
(SNAP benefits)

Food stamp office 20 minute timer

20:00





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