

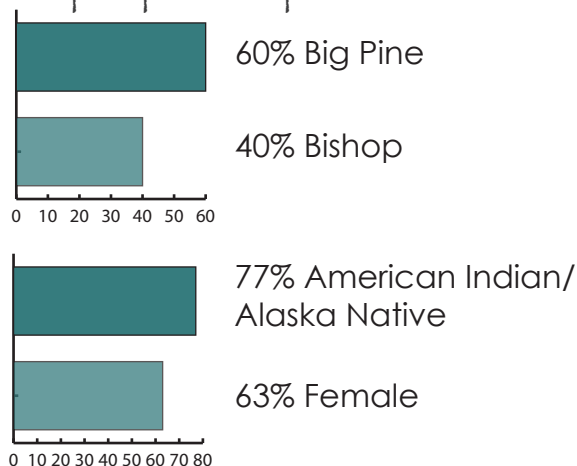
2015 Bishop and Big Pines Tribal Farmers Market Evaluation Results



TOIYABE
INDIAN HEALTH PROJECT

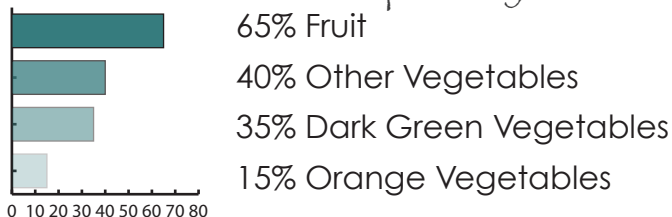
Toiyabe Indian Health
Project partners to make
healthy foods affordable
and available. The Public
Health Institute evaluated
the Bishop and Big Pines
tribal farmers markets in
2015 for fruit and
vegetable consumption.

40 people completed the survey.

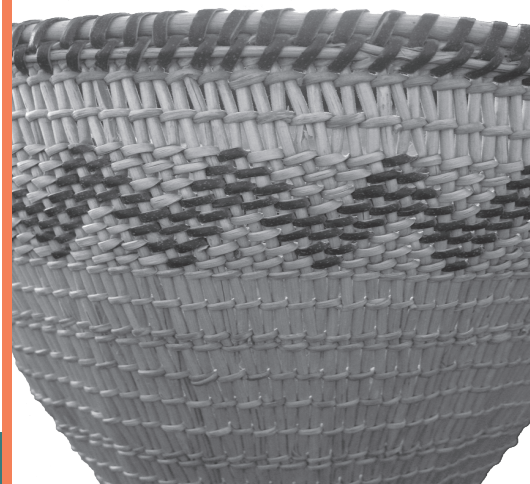


Community members collected
information about eating habits
and shopper experiences.

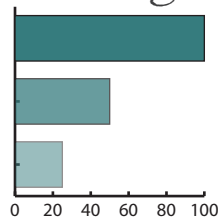
Eaten at least once per day...



One out of four ate at least 5
servings a day. Fruits were eaten
less often than vegetables



Servings of fruits and vegetables eaten daily...



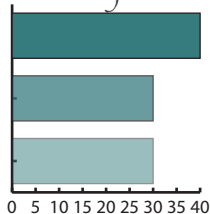
100% reported eating at least one green leafy vegetable, fruit, or other vegetable, daily

50% reported eating 3 or more fruits

25% reported eating 5 or more vegetables

Reservation gardens
provided fruits, vegetables,
and herbs.

Fruit juice consumption



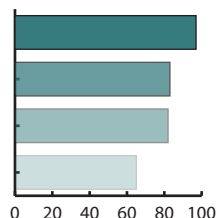
40% reported drinking one serving of fruit juice daily

30% reported drinking fruit juice at least once daily

30% reported drinking no juice

The Tribal Farmers Market provides a sense of
community—where new people can be met and
handmade crafts and jewelry can be sold.

As a result of shopping at the farmers market...



97% felt better about where their food comes from

83% are better able to provide food for their family and themselves

82% ate more vegetables

65% ate more traditional foods

9 out of 10 purchased fruits or vegetables.

\$8.80 average spent