

## Scenarios created by participants during the workshops

- I would write down thoughts and ideas on feedback cards at EFAA to improve the quality of food available
- I would share recipes at EFAA to improve the quality of food available
- I would attend interactive workshops for a few hours at a time (3-4 hours)
- I would share information about transportation via word of mouth frequently, in order to raise awareness about resources available
- I would like to fill out surveys, send text messages or make phone calls
- I would like to work with grocery stores to reduce the cost of food
- I would volunteer every few months at the food pantry.
- I would like to research facts and write down thoughts and ideas at home to change policies.
- I would like to research facts and write down thoughts and ideas at home to get something back.
- Someone who uses a program could share their story of how to change or work through the shopping (food access) system with the WIC office at the grocery store periodically to make shopping easier with benefits.
- Would like to share ideas and information about communal cooking and food storage.
- I with other people involved would like to talk to people who can influence systems to create systems change and changes in SNAP benefits with the food stamp office.
- Myself and the community to have communication between the community and organizations at the Food Pantries (Community Food Share) once a month, every Friday afternoon. Share these conversations and outcomes with the community at large using brochures.
- I volunteer at Manhattan (Housing Site) once or twice per week to dispose, keep community clean when BFR brings food twice a week. My participation is voluntary.
- Myself; to be a volunteer at the Food Pantry like EFAA once a month, every Tuesday morning to help as a volunteer as a translator (interpreter).
- Myself, create awareness in the community as a volunteer. Once a month on Tuesdays afternoons. I want to be heard and volunteer. Create awareness about sugar consumption in the community to change regulations and requirements.
- Boulder Food Rescue (bike riders who deliver food) at my children' schools; to have resources in my natal language; someone in my family could do it or the researchers once a year.
- Boulder Farmers Market every day they have it to share resources available in the community, share ideas and information. There's need to raise wages.
- In my neighborhood/ Health Center I could help as an interpreter/ translator to raise funds for programs to improve food Access and help to improve the quantity and quality of food. In that way acces-s could be easier for myself and others.

- To create new programs and help decide how programs should spend their money and to improve services in food pantries for others; get together during the weekends at the food pantry and share a meal/ snacks.
- Volunteers and people in charge of programs should sort the food before offering it every day at the food pantry or center. To have a paper survey to write down what I think/ my ideas to improve the quality and quantity of food. Could send text messages too.
- BFR (bike delivery program), researchers, and nutritionists to set up information centers every month/during weekends in stores/ grocery stores to share ideas and information to increase awareness and knowledge about resources available in the community.
- To create more food security for those who are not using any resources but could Access those at the Boulder Farmers Market, church, neighborhood, Local farms, community gardens, BHP if they get a phone call to let them know where they can go.