

Salt & Light: Literature Review

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Salt and Light is an organization that helps community members gain access to food, clothing, and household goods. Financial obstacles are not an issue for this organization- as they welcome low-income individuals. Salt and Light was started in January of 2004 and served as an emergency food pantry and a clothing closet in Champaign, IL. Discounted prices and gently used clothing as options to buy, allow people who struggle financially to still be able to afford essentials. Throughout the literature review, you'll find reasons to support the idea that thrifting doesn't mean a loss of style. You'll also see how beneficial having a grocery store that sells healthy food at discounted prices is.

Kelsy Marsh:

Second-Hand Fashion: A Sustainable Consumption of Used Clothing and Purchase Intention of Shoppers at the Thrift Store

This article talks about the trends of modern-day fashion and how that affects people's decisions in constantly updating the articles of clothing in their closets. The article states that "The main contributing element now is the temptation to wear new things every day and the desire for constant novelty, which leads people to purchase more items and use them a limited number of times before throwing them away" (Rathore, 2023). When these people decide to update their closets, they have difficulty figuring out what to do with the old clothing they are trying to replace with new ones. Some people will go to the obvious answer of throwing the clothing in the trash, and others will be more resourceful with their decision by donating their clothes. The purpose of this study was to discover the true intention that buyers/sellers have at thrift stores.

As a result, the study showed that thrift stores allow people to decide how to purchase their clothing items. Whether the clothing items are from thrift stores, second-hand, or consignment stores, consumers utilize these community resources for their clothing needs. The article states that “it can be concluded from the analysis done that shoppers are comfortable buying with all factors, but only the social factor has a negative impact on the purchase intention of the consumers” (Rathore, 2023). The overall impact that a thrift store has on the community in which it sits is an excellent resource for the members who reside within it. A thrift store can apply to anyone who wants to shop there, and various options are usually available. Thrift stores allow people to be unique but not spend a fortune on clothing items. Having the ability for people within the community to buy the clothing they like also takes the stress off parents when purchasing clothing for their children so that they too can express how they would like to throughout clothing choices. In return, the impact that a thrift store has on the community is beneficial for everyone. Thrift stores are seen to help the nursing community because the relationship is tied to community health and providing clothing for the people.

Food Waste and Nutrition Quality in the Context of Public Health: A Scoping Review

The people who shop for their food at Salt and Light can feed their families for a reasonable price, with just the same amount of nutritional value. It is essential to always advocate for all people, especially those struggling to provide for themselves and their families. The Salt and Light Urbana, IL, has an entire grocery store for the community to shop for high nutritional value items to feed their families. “Food waste is associated with nutrient wastage, and interventions to reduce food waste can successfully address food sustainability and nutrition quality” (Brennan & Browne, 2021). It is essential to provide families with high-quality

nutritional items to ensure they have the best health possible. Food waste is often a big problem when it comes to the environmental side of nursing. “Food waste and nutrition are intrinsically linked in terms of environmental and public health” (Brennan & Browne 2021).

To limit the waste of food, especially food that may expire soon, places will then put them on the shelves at stores such as Salt & Light. This gives a way for facilities to offer goods to consumers at a discounted price. Aside from food being marked down to a lower cost, these foods can also be eaten instead of thrown away. “Food loss and waste and public health intersect in the domains of food security and nutrition” (Brennan & Browne, 2021). There is a large number of people across the world who suffer from not having access to foods that offer nutritious value. “From an environmental health perspective, food loss or waste represents a waste of the resources involved in production, including land, water, fertilizer, pesticides, and energy, while also contributing to unnecessary carbon dioxide emissions” (Brennan & Browne, 2021).

Justin Munoz:

Well-Being and Stability among Low-income Families: A 10-Year Review of Research

One of the many challenges for low-income families is the constant inaccessibility to resources in today's economy. Sano et al. (2020) stated that within those struggles, they are affected by social/economic resources (food/water and shelter), physical environment, personal behaviors/issues, and transportation. With all those factors affecting one's ability to access resources, one's overall health and life may deteriorate. The most vulnerable populations that are consistent in poverty or are considered low-income in the U.S. are female head-of-households (at 50%), African American families (at 22%), Hispanics (at 19%), and Native Americans (at 24%)

(Sano et al., 2020) with unemployment being the leading cause. Obtaining employment helps those meet their overall needs and attain economic stability while receiving governmental assistance. Government assistance programs include child care, supplemental nutrition assistance programs (SNAP), WIC, Earned Income Tax Credit (EITC), and Welfare-to-Work Programs, which help individuals/families alleviate some burden while trying to improve themselves through various means. Other issues that Sano et al. (2020) identified from that inaccessibility are housing instability, education barriers, child care, and food security. The article highlights the need for continued research and interventions to address the complex needs of low-income families and promote their stability, which is affected by their overall health.

The Salt and Light Ministry, located in both Urbana and Champaign, Illinois, has many resources available to those in need or vulnerable who are considered deficient. Resources include affordable food costs set way below market value, lower cost of clothing donated through the surrounding public, and employment opportunities that help the company keep services open to those in need. They even offer other services such as child care and volunteering positions to earn in-store credit to use as funds to purchase needed goods. As they include resources for marginalized communities and vulnerable populations, they can improve the accessibility rate and overall wellness of every individual who walks in. This, in turn, allows them to be connected to that necessary resource they very well need.

Encouraging Volunteering in Nonprofit Organizations: The Role of Organizational Inclusion and Volunteer Need Satisfaction

Volunteering and employment positions are crucial in supporting non-profit organizations that aid at-risk populations in accessing essential resources. Volunteers contribute their time and

skills to various roles/ responsibilities within these organizations, such as community outreach, program coordination, and direct service provision. Y. Huang et al. (2019) stated that employment positions within non-profits allow professionals to dedicate their expertise to effectively addressing the needs of at-risk populations by viewing what areas the organizations need to focus on and support depending on the community's needs. The ready resources are not just limited to food but can also include shelter locations, healthcare with non-decipientcies, education, job training, and social support services such as daycare.

Non-profits, such as The Salt and Light Ministry, need resources to keep businesses open and readily available to the public. Resources such as employment opportunities and volunteering positions are always readily available and needed for the Salt and Light ministry. One of the many areas where assistance is needed at the Salt and Light Ministry is increased volunteer and staffing. Increased volunteers/staff can significantly reduce the surrounding health and social disparities among the at-risk low-income population by ensuring that resources and support services are continuously accessible for in-need individuals. An increase in communal health also equals a person's increased overall well-being, thus enhancing opportunities for social stability (Y. Huang et al., 2019).

Food Security Among SNAP Participants 2019 to 2021: A Cross-Sectional Analysis of Current Population Survey Food Security Supplement Data

The Article "Food Security among SNAP Participants 2019 to 2021: A Cross-sectional Analysis of Current Population Survey Food Security Supplement Data" explains how, during the beginning and rise of COVID-19, food security was one of the many needed essentials affected during the global interventions implemented for the safety of everyone. In particular, the

food scarcity affected those in the Supplemental Nutrition Assistance Program due to the pandemic's effects, and most members were already inactive in the workforce, which meant a limited low income (Brady et al., 2023). With the increase in food insecurity and the rise of unstable finances among those in the U.S., Brady et al. (2023) stated that in 2019, food insecurity rates were at 10.6% and remained stable until 2020. The stability was due to the SNAP policy changes, allowing more of the population to be accepted for assistance, which improved the many regional economic effects among individuals. The SNAP policy changes include the maximum increase of benefits and additional set percentages at a 15% increase (Brady et al., 2023). While the rise in snap benefits improved all affected, it also affected the supply and demand for all items of necessity. Brady et al. (2023) stated that the food scarcity rate in 2019 was 49.7% (The highest within a short period), and in the year 2020, it decreased to 45.4%, which later improved as the situation with COVID-19 improved as well. Essentially, from 2019 into 2020 (the beginning of COVID-19), the number of individuals increased the demand while lowering the supply of food, which also increased the difficulty of those already struggling to access the very same necessities of food.

During COVID-19, the need for food access became more apparent as necessities were temporarily scarce. As the Salt and Lake Ministry is a nonprofit organization, most profits were directed to increasing the food supply and maintaining access to those in need. They achieved this by providing food necessities plus extra to those in need and considered low-income. The Salt and Light Ministry establishments continued to follow their mission goal: to help alleviate and uplift marginalized communities by remaining open to those with low income.

Gozi Okafor:

The Impact of a Non-profit Market on Food Store Choice and Shopping Experience: A Community Case Study

Numerous research studies on public health have shown the impact of local food ecosystems on the incidence of chronic illnesses linked to nutrition. Living in "food deserts," areas with limited availability of inexpensive, healthful food, has been linked to health inequalities in low-income and minority groups. Some recent studies have questioned the relationship between the food environment and health outcomes. However, the evidence has been strong enough to support several programs to improve physical access to nutritious foods. Among these measures, new stores in once "food deserts" have gained the most prominence. Most new establishments are structured similarly to traditional full-service, for-profit supermarkets (Yao et al., 2019). This study investigates how a new non-profit food market affects inhabitants living in a food desert.

Many people stressed that Fare & Square had improved Chester's community and provided more convenience, better-quality food, and a better physical environment. The survey results show that most people who have shopped at Fare & Square had a good experience. They believed that the new market would help Chester locals in general as well as themselves as it would be more convenient, offer fresh produce of the highest caliber, have competitive pricing and first-rate customer service, and have a beneficial effect on the neighborhood. For the elderly and families who lived near the store and could no longer rely on public transportation or other people for rides, increased convenience was especially crucial (Yao et al., 2019). Purchasing fresh, high-quality food from a city-based supermarket was a source of health and pride. Observing friends, family, and prominent members of the community buying and working at the store promoted a feeling of communal ownership.

Forms of Community Engagement in Neighborhood Food Retail: Healthy Community

Stores Case Study Project

People who live in communities with limited access to food have a higher chance of developing chronic illnesses. However, increasing food infrastructure to make food more accessible might not necessarily decrease food consumption. Involving communities is a strategy increasingly used to promote public health; it could be required to figure out how to best serve a community by making local food surroundings more health-promoting (Kaur et al., 2022). Working together with and through groups of people connected by geography, particular interests, or comparable circumstances to address challenges impacting those people's well-being is known as community engagement. Effective public health interventions depend on understanding a particular group's needs, culture, and behavior. Over time, the concept of community involvement in research has changed, with the primary goal now being to establish relationships to maximize participation and promote long-lasting change. The Centers for Disease Control and Prevention (CDC) have developed a framework for community involvement consisting of five phases: inform/outreach, consult, involve, collaborate, and shared leadership. Community involvement in cooperative leadership, communication, shared decision-making, and trust increases as community engagement moves throughout the spectrum (Kaur et al., 2022). Genuinely interacting with the community and staying rooted in the "co-creation of solutions" and "trust-based relationships" are essential to achieving shared leadership.

Choosing the Salt and Light Organization was an excellent choice for our group. As volunteers, we get so much joy out of serving people. Volunteering for this organization has been a pleasure, and we greatly benefited from this enriching experience.

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