

Bus Transportation & Grocery Exercise

Introduction

Many of your patients and families rely on public transportation, walking and/or biking to travel to and from work, school, the grocery store, and the doctor's office. Reliable access to a car may not be an option. **During this exercise, travel by bus to a grocery store/convenience store/corner grocer/farmers' market to get an idea of what life might be like without the convenience of a car.** Please write up your answers to the questions below for discussion at the closing.

Instructions

There are two parts to this exercise. You may choose to do them with other residents on rotation or by yourself.

- 1) **Plan a trip on an RTS bus to a part of the City you don't usually frequent.** Try to focus on the marginalized communities in the city. This will be disorienting and is meant to get you out of your comfort zone. It will also allow you to experience where many of your patients and families live, shop, play, etc.
 - a. Rides cost \$1 each way, all-day passes are \$3
 - b. RTS has a robust website you can use to help plan your trip: [RTS: Regional Transit Service > Monroe](#)
- 2) When you arrive at your destination, **go to a grocery store where you do not usually shop.**
 - a. Consider buying something(s) at the store so that you can support our community during this exercise.
 - b. Complete the exercise on the second page while at the store.

Things to keep in mind

- **Use this exercise as an opportunity to explore the city and its people** – wander, explore, observe, ask, listen, discover, marvel, enjoy.
- After you've completed this exercise, **watch the following short (30 min) documentary about Transportation and Poverty:** <https://reconnectrochester.org/transportation-and-poverty/>
- If you'd like to go deeper, watch this additional film called Think Transit First (17 min): <https://www.youtube.com/watch?v=pTTap86yHzs>

Grocery Exercise

You are a 35-year-old single parent with a 2-year-old and a 6-month-old at home. You are working 60 hours total, part-time at a fast-food restaurant and part-time as a home health aide, earning the New York State minimum wage of \$15.50/hour (this puts you in the 12% federal tax bracket). You have already paid \$850/mo for rent, and \$250/mo for utilities/cell phone. On your day off, you need to do your grocery shopping for the next month (days off are in short supply) for your kids and yourself for the next month. Both children need diapers and the youngest needs formula. You do not have a car.

- 1) Is everything you need available at your chosen store?

- 2) How much could you buy with the amount of money you have left?

- 3) What other expenses, other than food, diapers, and formula, do you need to worry about?

- 4) What *specific* community resources would be helpful/assist with some of the health-related social problems you are facing? (*i.e. lack of car, food expenses, breastfeeding support services, lack of health insurance, affordable high-quality daycare, utilities assistance, cell phone assistance*)

- 5) Where can you find a 2-bedroom apartment (assuming you don't want to sleep in the same room with your kids) for \$850 per month in Rochester? What online or in-person resources are available?