

Sheridan College

## SOURCE: Sheridan Institutional Repository

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Surveys

Putting Food on The Table: Addressing food security among isolated older adults during COVID-19

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2021

### Survey Summary

Putting Food on The Table Project  
*Sheridan College*

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# Putting Food on the Table

## BACKGROUND

In the summer/fall of 2020, we sent out a survey to learn from neighbors receiving the “older adult package” that was made available by Food for Life in response to COVID-19. This is an update about what we heard, what we have done, and are planning to do in response to your valuable feedback.

## Demographic Summary



22% Men 78% Women

Almost half of you are in your 70s

2/3rds of you live alone

## WHAT WE HEARD

### Having Enough Healthy Food

**13%** said that you rarely or never have access to enough food.

**38%** worry about not having enough to eat.

### How You Are Doing During COVID

**1/3rd** of you socialize with someone once a week or less than once a week.

**68%** feel that going out is riskier than staying in.

**40%** feel that their health and wellbeing has worsened.

### Nutrition

**80%** Are at “High Nutritional Risk”

Many respondents are not drinking enough fluids (8 cups a day is the recommended amount).

Many respondents are not eating enough fruits and veg (5 or more servings a day is the recommended amount).

## FEEDBACK ON YOUR FOOD FOR LIFE PACKAGE

### Additional/Alternative Food

More fruits and vegetables, meat (or chicken or fish), dairy and eggs.

**55%** of you said that you **sometimes get too much of any particular kind of food**. The most commonly identified foods were: carrots, potatoes and lettuces/salads.

Receiving some larger and hard to cut foods pre-cut would be welcome.

We heard from some of you that quality was an issue (e.g. squishy, bruised produce).

Some non-food items would be appreciated including: face masks, toilet paper, toiletries.

## Putting Food on the Table

# Outcomes

### BACKGROUND

Based on your feedback we worked to develop changes to the “older adult package” to improve the over all experience and provide additional resources to support friends and neighbours. We are currently rolling out improvements with three packages.

#### Holiday Package

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**Launch date:** Dec. 2020



#### Goals

Address low socialization  
Provide face masks

#### Package Includes;

Grocery gift card, holiday cards/  
bookmarks from community  
members and students, calendar,  
masks.

#### Education Package

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**Launch date:** Feb. 2021



#### Goals

Address low socialization and  
high nutritional risk  
  
Give background information  
about Food for Life  
  
Help neighbors use commonly  
received food items

#### Package Includes;

Information about Food for Life, food  
rescue, food handling, and food  
safety, cooking for one/two recipes,  
services that are available in Halton  
during COVID (friendly visiting,  
phone-based activities, online chair  
yoga)

#### Winter Blues Package

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**Launch date:** March 2021



#### Goals

Address low socialization  
Provide face masks

#### Package Includes;

Letters from school children,  
homemade masks

### BEHIND THE SCENES

On going work is happening at Food for life to make food available in smaller portions, improve training of volunteers and reaching out to more food banks and suppliers to provide consistent, good food to friends and neighbours.