

Neighbour Impact Survey Responses



Food for Life collected voluntary survey responses from community members who access our programs, our 'neighbours', on the impact of our programs on their food security, health, finances, and overall wellbeing

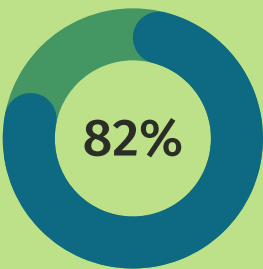
About the Survey

- **Impact survey** collected demographics and measured program outcomes
- **442 total responses** (310 online & 132 paper) collected between April-October, 2022 - representing 14% (>1 in 10) of our total Neighbour population
- **Representing 49 program locations** across Halton municipalities
- **Results represent the first phase** of data collection to track household and population-level changes over time
- **Invitations to participate over email and through program visits** with paper surveys to ensure data represents the geographic and diverse communities we serve

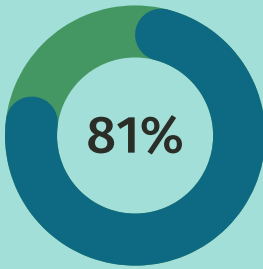


Impacts on Overall Health

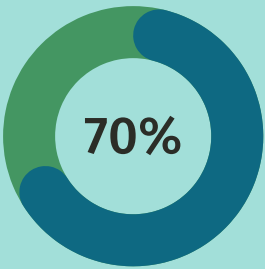
- **83%** agreed that receiving fresh food from Food for Life positively impacts their overall health



82% agreed that being able to access food from Food for Life helps them to stretch their budget so they have money for bills and other necessary expenses



81% agreed that the food they receive from Food for Life increases their access to fresh and healthy food items



Dietary & Food Needs

- **70%** agreed that the food they receive from Food for Life is appropriate for their dietary needs
- **63%** agreed that their Food for Life program has met their food needs
- **76%** reported the food they receive from Food for Life is appropriate for their culture and/ or beliefs

Weekly Savings

- On average our neighbours reported they are saving **\$49.93** per week on groceries by receiving food from Food for Life
- **78%** reported accessing our programs weekly

\$49.93

Average weekly savings per household

"Food for Life has helped me a lot being on disability and my rent has just gone up and every bit helps me."

*All percentages displayed in document have been rounded

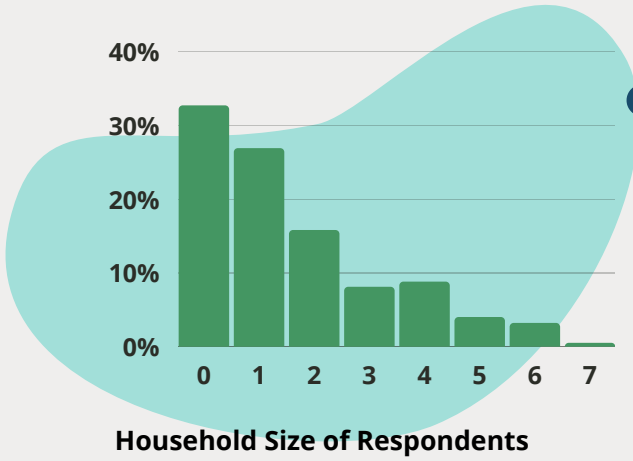
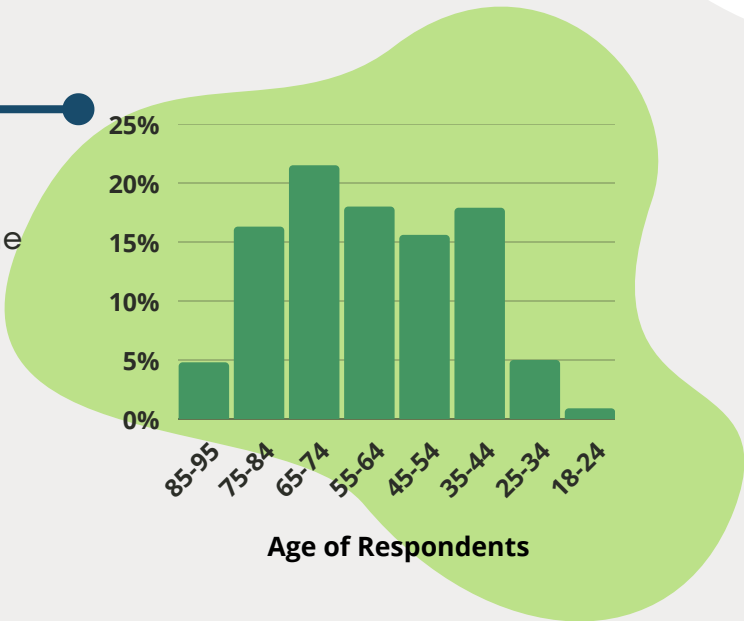
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Neighbour Demographics

Age of Respondents & Racial Identity/ Ethnicity

- Our largest neighbour age demographic is the 65-74 age group (**22%**)
- **3%** identify as Black
- **3%** identify as Indigenous
- **9%** identify as a Person of Colour or Visible Minority
- **5%** identify as Francophone

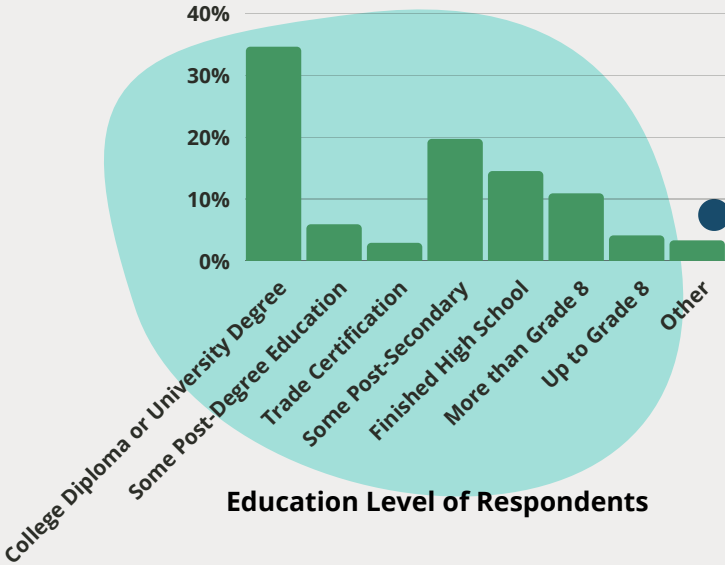
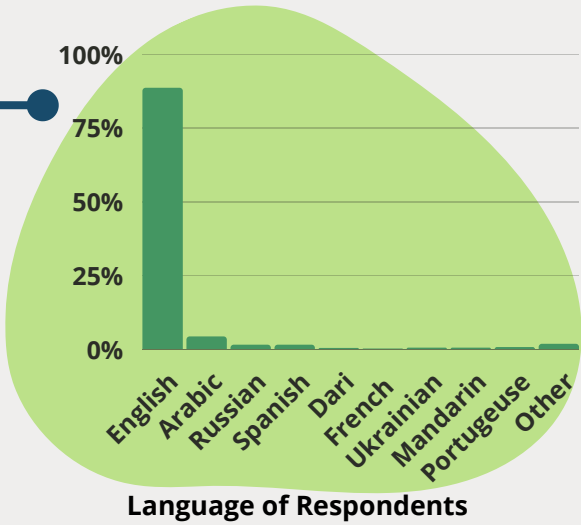


Household Size

- Over **75%** reported living alone (**33%**) or with one (**27%**) or two (**16%**) others
- Average household size = **1.63 people**
- Average number of dependents = **0.97 people**
- Household size and number of dependents is highly correlated

Preferred Language

- **89%** selected English as their preferred language
- Phase two data collection will include multilingual surveys to increase engagement from the diverse communities we serve

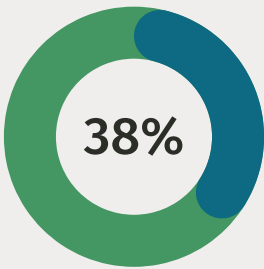
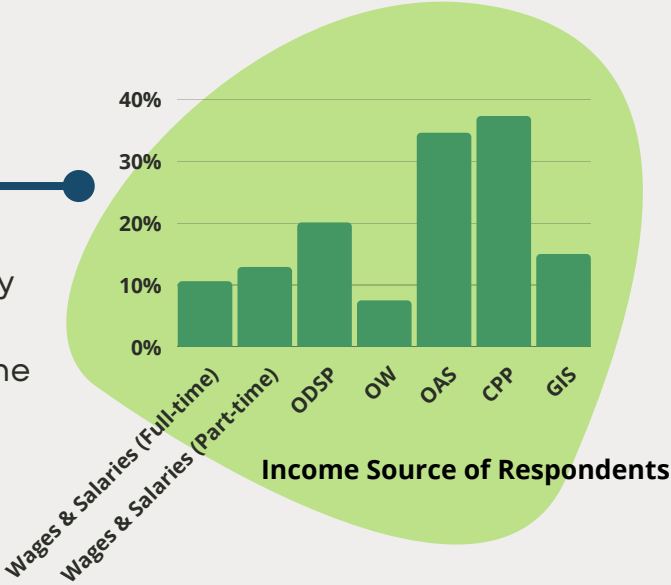


Education Level

- **34%** reported having a college diploma or university degree

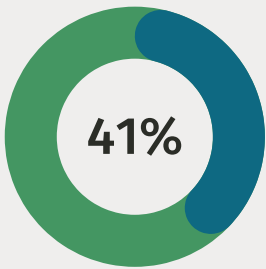
Sources of Income

- Canada Pension Plan (CPP) (**37%**), Old Age Security (OAS) (**35%**), and Ontario Disability Support Program (ODSP) (**20%**) were the most commonly reported sources of income
- Those whose source(s) of income include the Guaranteed Income Supplement (GIS) were less likely to report needing to skip a meal



Life Stage - Retirement

38% responded as 'Retired' as their employment status



Disability Status

41% consider themselves to be a person with a disability and **14%** reported they are on permanent disability as their employment status

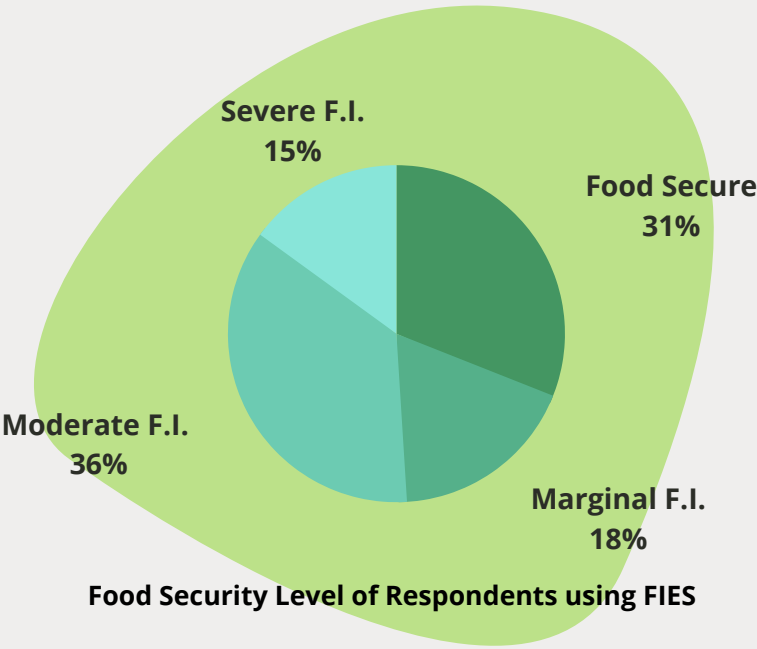
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Food Insecurity Experience Scale (FIES)

FIES Survey Module

The United Nations Food Insecurity Experience Scale (FIES) is a internationally-recognized and empirically valid self-reported 8-item experience-based measure of household food security



Food Secure, Support Reliant

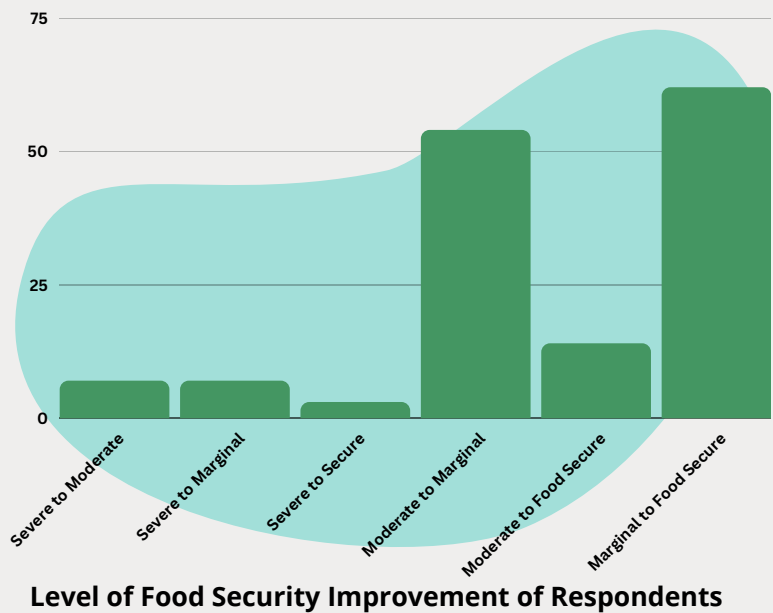
At Food for Life, we understand food security as an issue of insufficient income. While many of our neighbours fall into the category of 'Food Secure', they are not necessarily income secure and are often reliant on their ability to continue to access food supports to maintain their food security.

*FIES raw scores are calculated using the number of affirmative responses. Scores are grouped into categories based on Health Canada's criteria for food security status.

Predictors of Food Security

- **Age** - neighbours younger than 50 without children were the least food secure, whereas neighbours older than 50 without children were the most food secure
- **Children** - among neighbours with at least one child, the rates of food security remained relatively consistent independent of age
- **Disability Status** - neighbours who consider themselves as being a person with a disability were less likely to be food secure for all age groups, and this relationship becomes stronger for those over 50 years of age
- **Income Source** - those relying on Ontario Disability Support Program (ODSP) were more likely to be severely food insecure, and less likely to be food secure

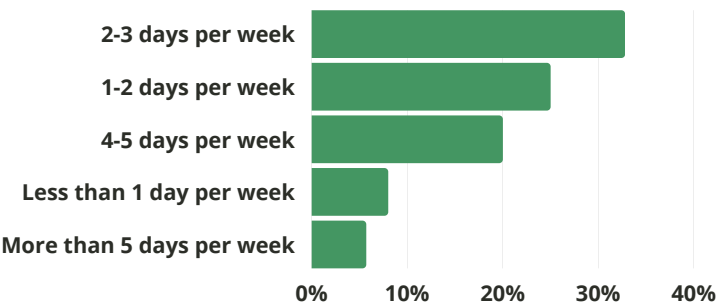
Improvements to food security status positively impact both household-level change as well as larger impacts and cost-savings to society



Improvements to Food Security

- **1 in 3 (33%)** have experienced positive changes to their food security status since accessing food from a Food for Life program
- Neighbours younger than 50 who reported Food for Life programs helped them to stretch their budget were more likely to experience improvements to their food security status

Amount of Weekly Fresh Food Received



1 in 3 reported Food for Life programs provide enough food for 2-3 days per week

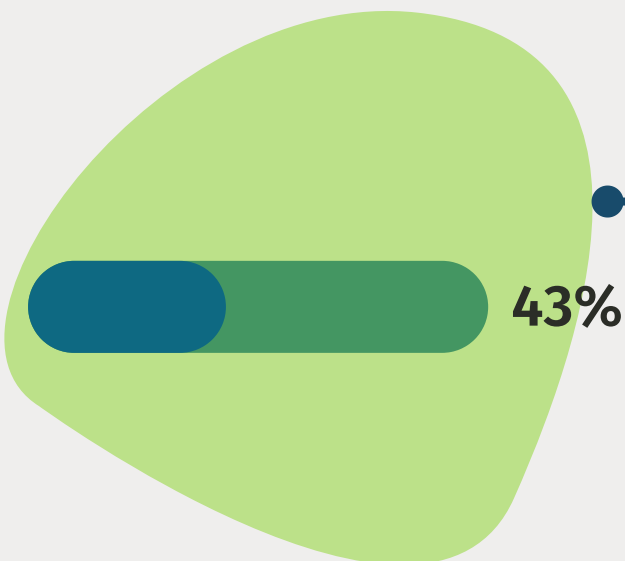
78% reported accessing our programs weekly

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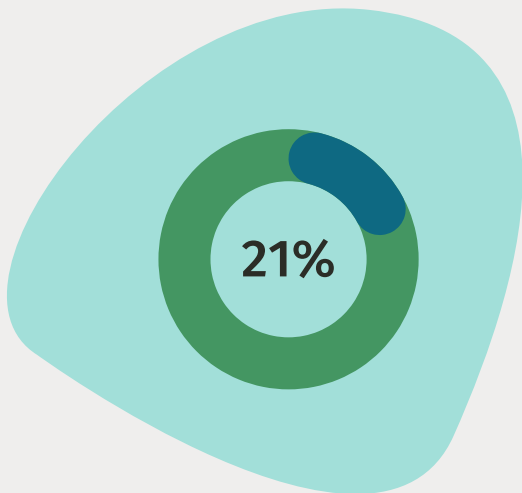


Health & Financial Impacts

Stress & Wellbeing

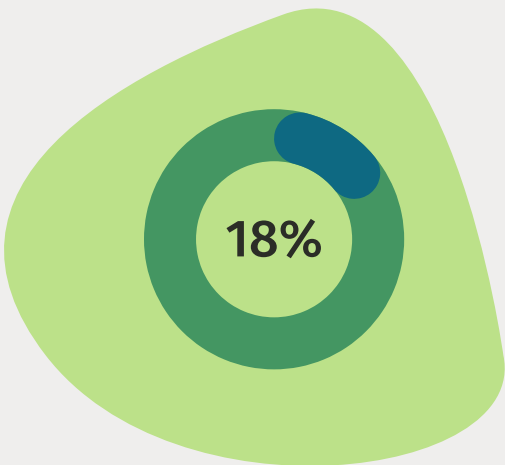


- **43%** reported that receiving fresh food from Food for Life has decreased the amount of stress they feel in managing their household responsibilities
- **>1 in 5 (22%)** reported increases in overall sense of wellbeing and ability to cope with stressors



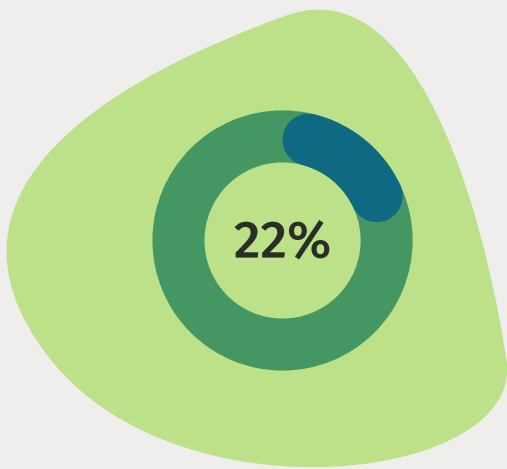
Improved Health Outcomes

- **1 in 5 (21%)** experienced improved health outcomes for themselves and/ or those they live with since receiving food from Food for Life
- Neighbours who reported the food they receive is appropriate for their culture and/ or beliefs were more likely to experience improved health outcomes



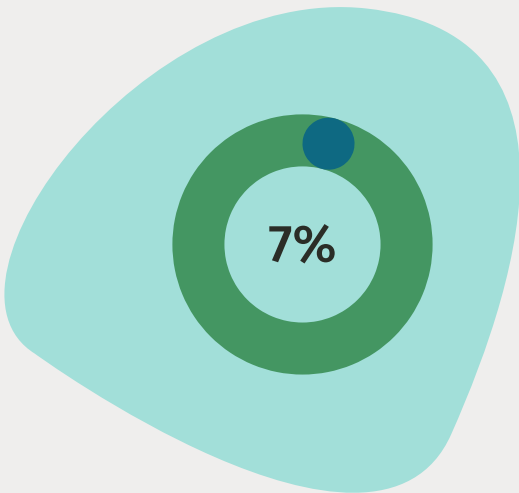
Increased Community Wellbeing

- **18%** experienced an increased sense of safety & wellbeing in their community since receiving food from Food for Life
- **>1 in 5 (22%)** reported increased feelings of connectedness to others



Credit Card Interest

>1 in 5 (22%) reported spending less on credit card interest since receiving food from Food for Life



Pay-Day Loans

7% reported that since receiving food from Food for Life it has reduced their need to take out a pay-day loan

"The program has really helped my family a lot. It gives me hope that we will be able to still have some food on the table during these hard times. It reduces some of my anxiety knowing that we will be able to get food from the program & that the money we do have can be put towards our bills and my daughters physical therapies. Also the sense of community it provides is comforting and I've met some really lovely people along the way."

"I'm a newcomer to Canada along with my family. All here is myself, my wife and daughter. This program helping us a lot in order to establish ourselves with less burden financially."