Key Findings - Food Access Survey*, 2019

1. Many MOPD clients do not have access, at times, to the nutritious food they need.
   - 70% of respondents are at risk of food insecurity.

2. Many MOPD clients have difficulty preparing meals.
   - 75% of respondents have a hard time making meals on their own at times.

3. Food insecure clients would be interested in receiving home-delivered meal programming.
   - More than 80% of respondents expressed interest in participating in a frozen or hot prepared meal program; the vast majority wanting home delivery.

4. All meal programs should take into account special diets/dietary restrictions.
   - 46% of respondents are on a special diet as they manage health conditions.

Recommendations

» Design a healthy prepared meal program that provides for special diets, meal choices, and home delivery based on the needs of participants. The goal is to fill gaps in service, not replace other meal delivery programs.

» As part of program, provide opportunities to socialize and to receive assistance applying for SNAP and other income-supporting programs. The goal is to support the overall health and well-being of participants.

» Improve accessibility of community pantries and other food distribution programs. The goal is to make sure people with disabilities have access to the food assistance options they need and want.

*96 surveys completed in Spring of 2019 by participants in MOPD services.