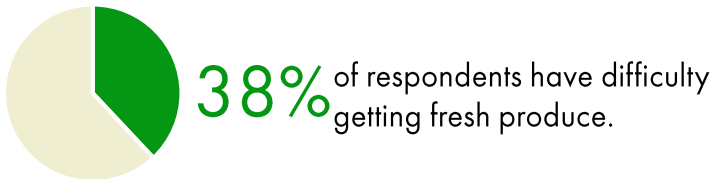


Key Findings - Food Access Survey*, 2019

1. Many MOPD clients do not have access, at times, to the nutritious food they need.



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.

• To read the full summary of the findings from the Food Access Survey, please visit: chicagosfoodbank.org/prepared-meals

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