

Food for the Soul



CHIRS Food Hamper Program

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FOOD INSECURITY

- 5.8 million Canadians lived in food-insecure households in 2021. (*Statistics Canada's Canadian Income Survey*)
- 41 per cent of people living with low-income have a disability, and with the added costs of living and physical barriers, they are especially vulnerable to food insecurity.



OUR DILEMMA

How to support clients during lockdown while keeping staff safe?

Covid-19 lockdowns meant that community clients had reduced access to

- Grocery stores
- Food banks
- ATM's
- Transportation
- Staff support
- Social connections



CHIRS FOOD HAMPER PROGRAM

- Weekly delivery of ready to eat well balanced meals to 40-60 clients.
- Extension/replacement of the regular food program and community staff support.
- Harm reduction “wellness checks” to assess mental and physical health.
- Opportunity for peer Mentors to engage in meaningful volunteering.



PROGRAM OUTLINE

- Meal Plan: set in advance with recipient feedback.
- Donations and groceries collected by staff during the week.
- Small groups of clients/staff prepare ingredients or menu items throughout the week.
- 4 meals per client. 2 complete entrée, soup/salad and sandwich or multi compartment box meal.
- Delivery team brings the hampers to clients, using the opportunity to connect.



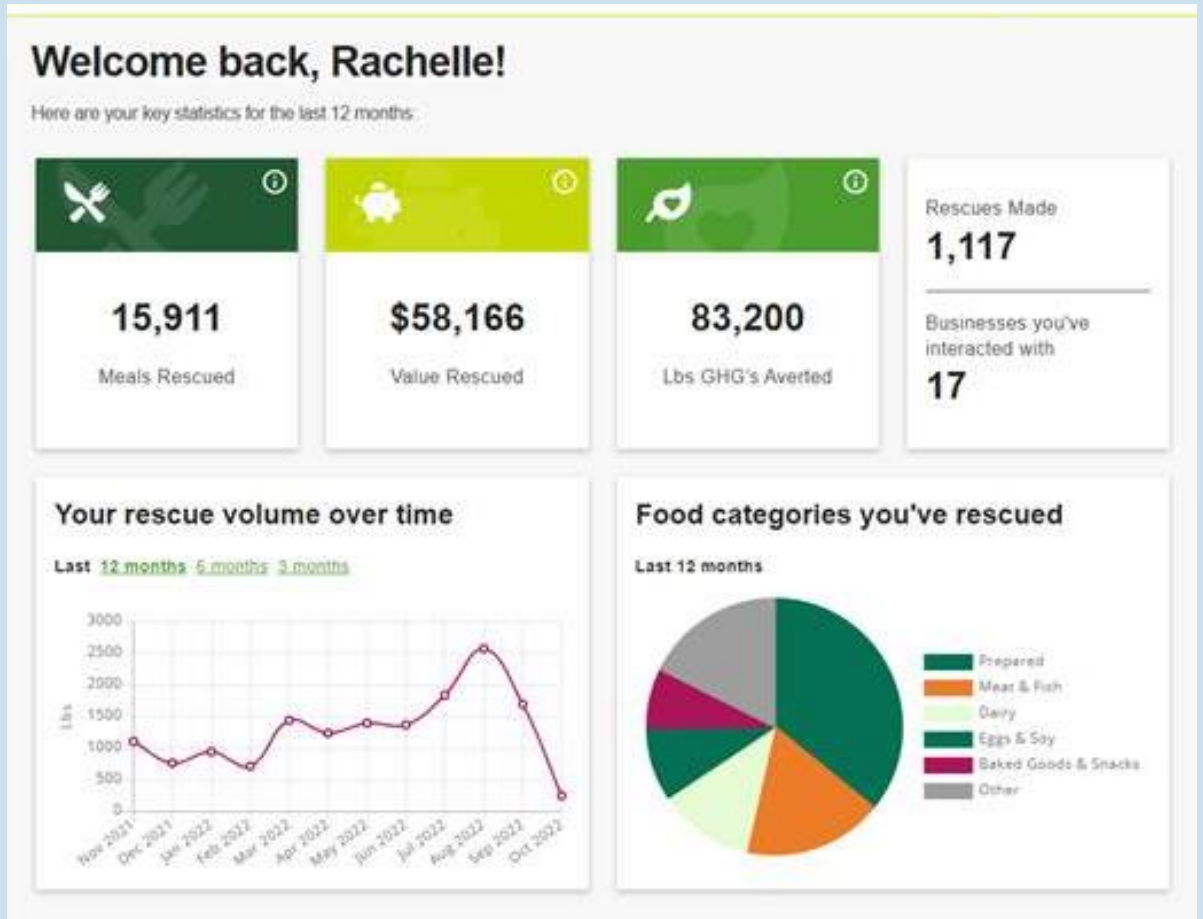
OUR KEY PARTNERS

- Second Harvest (Longo's, Starbucks, Sobeys and many more)
- Parkview Community Garden
- CHIRS Rooftop Garden
- North York Seniors Centre



ADDITIONAL GOALS

- Reduce food waste: In partnership with Second Harvest, CHIRS has rescued more than 15,911 meals (\$58,166 value) from landfills in the last 12 months.
- Provide Client Opportunities for social connections
 - Through the deliveries
 - Currently we have had 15 clients assisting in the preparation of the hampers



FUTURE

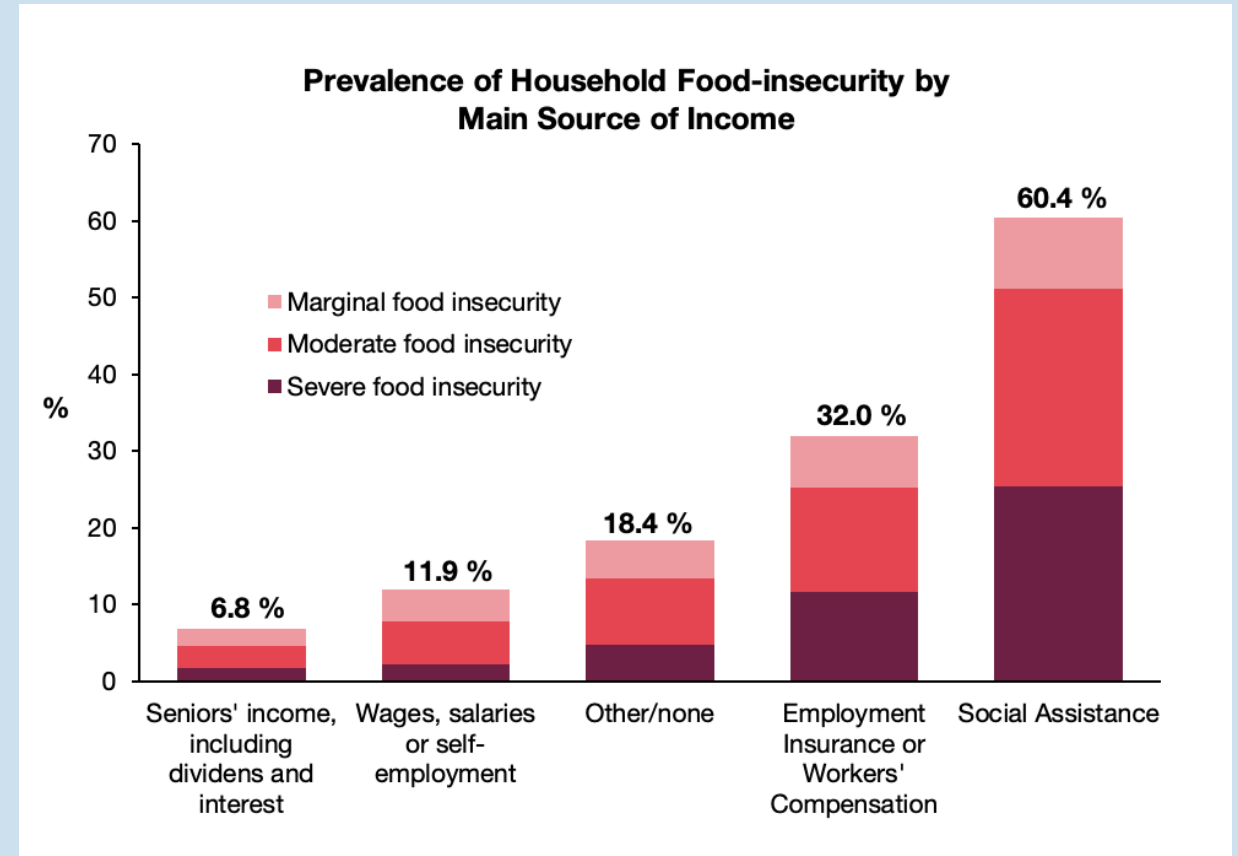
Pivot the program so that it is integrated into the daily operations of the Adult Day Program

- Create a community fridge
- Meals to go
- Meal preparation groups
- More rooftop garden contributions
- More partnerships



KEY TAKE-AWAYS

- Lack of stable access to nutritious food, a vital social determinant of health, affects 1 in 8 Canadians.
- Those living with disabilities are disproportionately affected by food insecurity.
- Food Hampers create connection opportunities for wellness.
- Reducing Food waste by collecting donations creates partnership options while reducing meal preparation costs.



THANK YOU!

