

APPENDIX I

OLDER ADULT FOOD SHELF SURVEY, MINNESOTA

Appendix

Older Adult Food Shelf Survey in Minnesota

August 27, 2015

Categories	Major Findings	Geographic Differences
Handicap accessible food shelves	<ul style="list-style-type: none"> • Majority of food shelves are handicapped accessible. • Limited ability to provide chairs and benches for older adults to sit in during food shelf visit. 	No geographic differences
Greatest barriers for older adults to access the food at the food shelf	<ul style="list-style-type: none"> • Clients do not drive. • Pride • Public transportation has to be scheduled or does not run regularly. • Barriers to providing fresh fruits and vegetables due to limited space or a lack of food storage equipment. • Language barriers • Older adults that no longer live in their own home have greater challenges to access the food shelf. • Serving sizes • Limited number of volunteers that can support older adults with transportation. 	<ul style="list-style-type: none"> • In smaller towns, everyone knows everybody. Confidentiality can be a challenge. • Rural food shelves experience greater challenges with winter road conditions.
Practices to help older adults at food shelves	<ul style="list-style-type: none"> • Create a warm and welcoming environment. • Set food shelf appointments for older adults. • Provide dietary food items. • Label food that addresses health conditions. • Take bags of food to vehicle or bus. • Pre-package food • Distribution of NAPS • Mass produce distribution close to senior housing. • Assist older adults with shopping. • Allow family members or caregivers to shop for older adults. • Provide easy-to-open items. 	<ul style="list-style-type: none"> • Rural food shelves identified fewer practices than metro in helping older adults at the food shelf. • More metro food shelves are interested in nutritional risk assessment.

<p>Practices to help older adults at food shelves, cont.</p>	<ul style="list-style-type: none"> • Provides labels indicating expiration and sell-by-dates. • Very few food shelves conduct nutritional risk assessments. • Special senior hours at intake or during general visit. • Recruit older adults to help older adults at the food shelf. • Special food shelf hours for older adults. • Providing handled bags. • Interest in receiving information on a nutritional risk assessment. • Limited space for offering the Choice Model. 	
<p>Transportation needs</p>	<ul style="list-style-type: none"> • Food shelves reported being located on public transit line. • Food shelves are located near a high concentration of older adults. • Fewer food shelves have the capacity for client's to order ahead of time. • Funding and recruitment for volunteers to provide transportation is needed. • Provide food deliveries to homes. 	<ul style="list-style-type: none"> • Rural food shelves have fewer resources to address transportation. • Suburban food shelves have trouble with the limited public transportation routes. • Limited number of mobile food pantries in rural Minnesota compared to the metro. • More mention of food deliveries in rural Minnesota.
<p>Outreach to government programs</p>	<ul style="list-style-type: none"> • Majority of food shelves are offering information and referrals to SNAP. • Follow-up on SNAP applications with clients and the county. 	<ul style="list-style-type: none"> • Metro food shelves reported more often offering screening and application assistance than rural food shelves. • A limited number of food shelves have a SNAP Outreach worker, financial worker or MNSure navigator on site at rural food shelves.

Stigma	<ul style="list-style-type: none"> • Older adults are not comfortable accepting or receiving help. • Older adults feel that other's more in need should receive help before them. 	No geographic differences
Data collection	<ul style="list-style-type: none"> • Majority of food shelves track data for funders/donors. • Food shelves identified using note cards, spreadsheets, and databases. 	<ul style="list-style-type: none"> • More metro food shelves are using a food shelf. • More rural food shelves are using spreadsheets and note cards.
Marketing/outreach	<p>Provides outreach more often at: senior dining centers, senior housing, fairs, health and wellness programs.</p> <ul style="list-style-type: none"> • Utilize community partners • Market in local newspapers, radio spots • Outreach to family members and caregivers • Dr. at local health clinic writes a prescription for older adults to use their local food shelf. 	<ul style="list-style-type: none"> • Rural food shelves reported marketing more often by posting large posters at churches and providing public service announcements. <ul style="list-style-type: none"> • Clients in rural MN often times learn about the food shelf by word of mouth.