Food Shuttle surveyed 190 participants, using a paper survey delivered during 8 drop-in feedback events and through 2 recipient focus groups, to determine if the Grocery Bags for Seniors Program is having the desired impact on health and diet. In addition, site property managers and grocery bag delivery volunteers were surveyed to assess accuracy and reliability of delivery. Survey questions addressed food security, dietary patterns, psychosocial perceptions, and cooking behaviors using food insecurity, hunger coping, perceived health status and loneliness scales.

Food Security Among Surveyed Seniors

- 43% food insecure
- 57% food secure

Avg. Age: 72
Income: 88% of clients have incomes $20K or below
Marital Status: 96% single/not living with partner/widowed
Other Assistance: 86% participate in at least one other assistance program (67% Medicaid and 42% SNAP)

Socio-Demographics of Surveyed Clients

Food and Diet

- 71% like the variety of food
- 80% believe the food is of good quality
- 67% believe their diet is more nutritious with grocery bag

Cooking Habits

- 82% agreed the food they receive does not go to waste
- Ability to make new recipes that included food they tried for the first time (such as brown rice and quinoa)
- 84% cook homemade meals from scratch at least 50% of the time

Grocery Bag Perceptions and Findings

Convenient and Saves Money

- Appreciate needing to go to the store less often
- Dependable & helps them save money on groceries
- Enjoy mixing up their diet with food they don’t normally buy

Creating Community

- Respondents reported a moderate amount of loneliness
- 44.6% believe the grocery bag drop-off provides an opportunity to talk to someone
- Participants pass food along if they don’t want it or know someone else likes it
- Some cook and share the food with neighbors who do not

In 2019, Food Shuttle was selected as a Rooted in Evidence grantee. Established by the Gretchen Swanson Center for Nutrition, this grant program funds eligible food banks working to support innovative and dynamic programming to improve the health and dietary quality of emergency food recipients. Grantees were awarded $20,000 and received technical assistance and evaluation support.