

2022

Meal Recipient Survey Findings



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Contents

1

Executive Summary

2

Study Overview and Methodology

3

Survey Findings

1 Executive Summary

This report summarizes findings from the 2022 Friendship Trays Recipient Survey conducted between March and May 2022.

The survey was intended to collect data from a convenience sample of recipients to better understand their needs and realities and provide feedback about the meal services they receive from Friendship Trays. Recipients were asked to complete the survey voluntarily. A total of 113 recipients responded to the survey, however it should be noted that not all questions were answered by the entire sample.

Key Findings

- Over four in five (87%) recipients do not receive food stamps assistance.
- Meals provided by Friendship Trays are essential with 71% of recipients indicating the food they receive is their main food source for the day.
- Recipients are eating healthier (82%) and felt that their overall health status has improved (79%) due to the meals they receive from Friendship Trays.
- Four in five (80%) recipients rated their overall meal as Good / Very Good.
- Over one in two (52%) recipients expressed their appreciation for the meal delivery service especially from those who are isolated and live alone.

2 Study Overview and Methodology

Loaves & Fishes/Friendship Trays is fighting the isolation and loneliness of our senior neighbors which allows them to be where they want to be... at home. In 2021, 117,539 meals were delivered to over 350 people. Nearly 60 volunteers drive a route each weekday to deliver meals and check on recipients.

This report provides findings from the Friendship Trays' 2022 Recipient Survey. The survey was designed to gather data from a convenience sample of recipients to better understand their needs and realities, and perspective about the meal service they receive. The survey was mailed to the recipients and a total of 113 surveys were completed between March and May 2022.

Data gathered via these surveys will provide greater insights to Loaves & Fishes/Friendship Trays staff and volunteers regarding how to better serve our senior neighbors.

The survey was developed by Loaves & Fishes/Friendship Trays. Respondents were asked to complete the survey voluntarily. With 113 recipients responding to the survey, a sample size calculator determined that the survey findings is within a margin of error of ± 7.6 (at a 95% confidence level). Thus, the survey findings is within this margin of error if the entire senior population served by Loaves & Fishes/Friendship Trays responded to the survey.

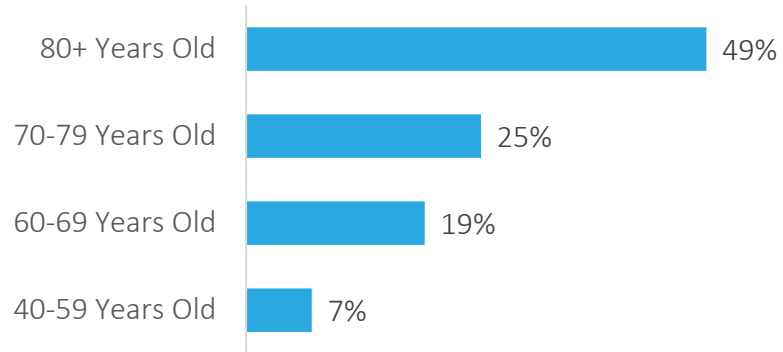
3 Survey Findings

Recipient Demographics

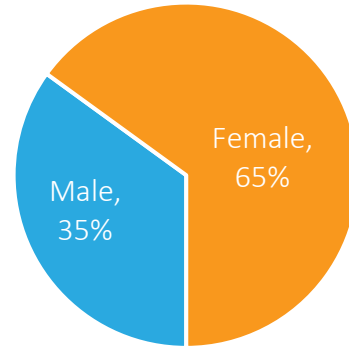
Nearly half (49%) of all recipients were age 80 years or older and the majority were female (65%).

In terms of race/ethnicity, about two in three were Caucasian (64%), 31% were Black, 2% were Latinx and the remaining percentage (3%) were of some other race or ethnicity such as Asian or American Indian. Moreover, about 1 in 5 was a veteran (19%).

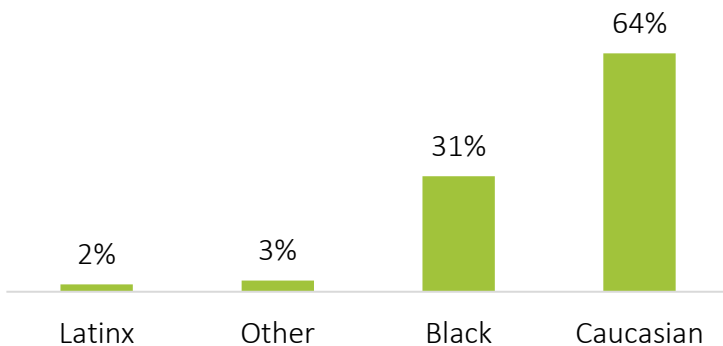
Age



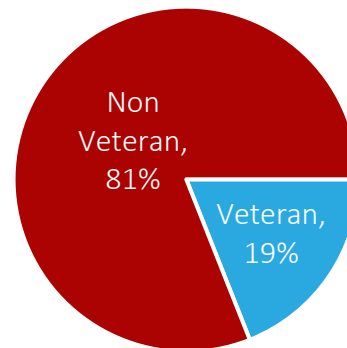
Gender



Race/Ethnicity



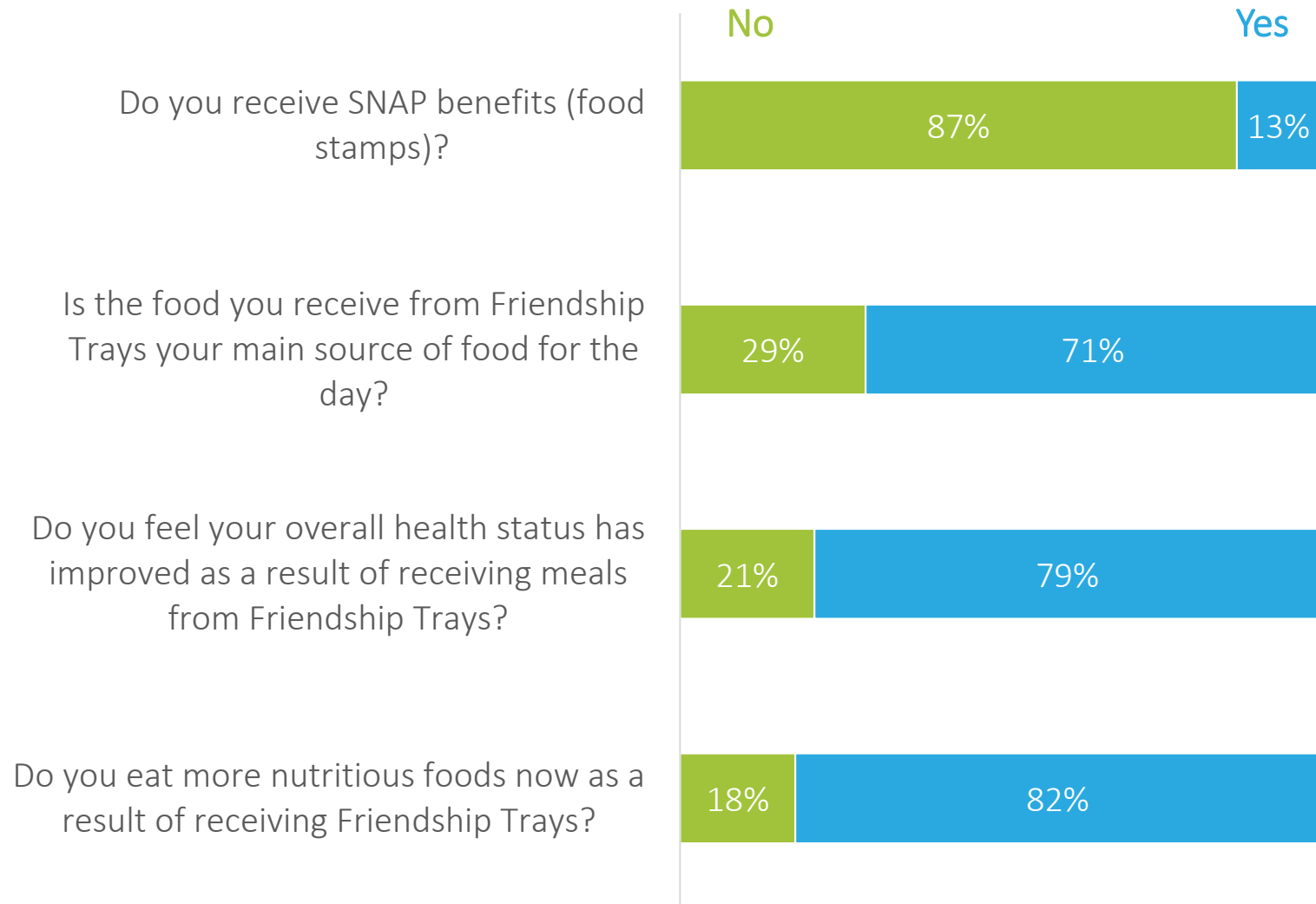
Veteran Status



Impact of Receiving Meals

Meals provided by Friendship Trays are essential. About five in seven (71%) of recipients indicated that the food they receive from Friendship Trays is their main food source for the day. Moreover, most recipients (87%) currently do not receive food stamps.

As a result of receiving meals from Friendship Trays, four in five (82%) are eating more nutritious foods and 79% felt that their overall health status has improved.

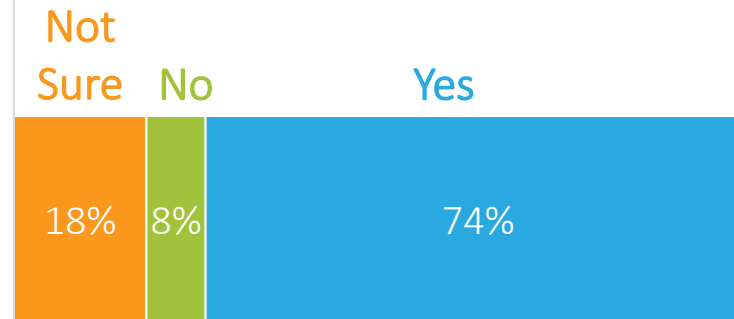


Safety and Meal Delivery

When asked if they feel safer knowing a volunteer will be stopping by each day, about three in four (74%) recipients said yes, 8% said no, and 18% were unsure.

In addition, nearly two-thirds (64%) indicated that they need home-delivered meals to live at their home.

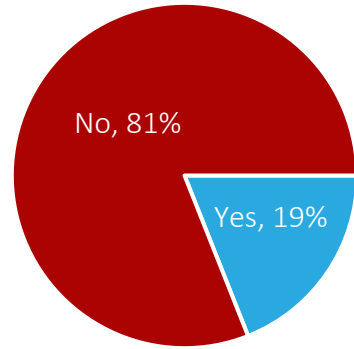
Do you feel safer knowing a volunteer will be stopping by each day?



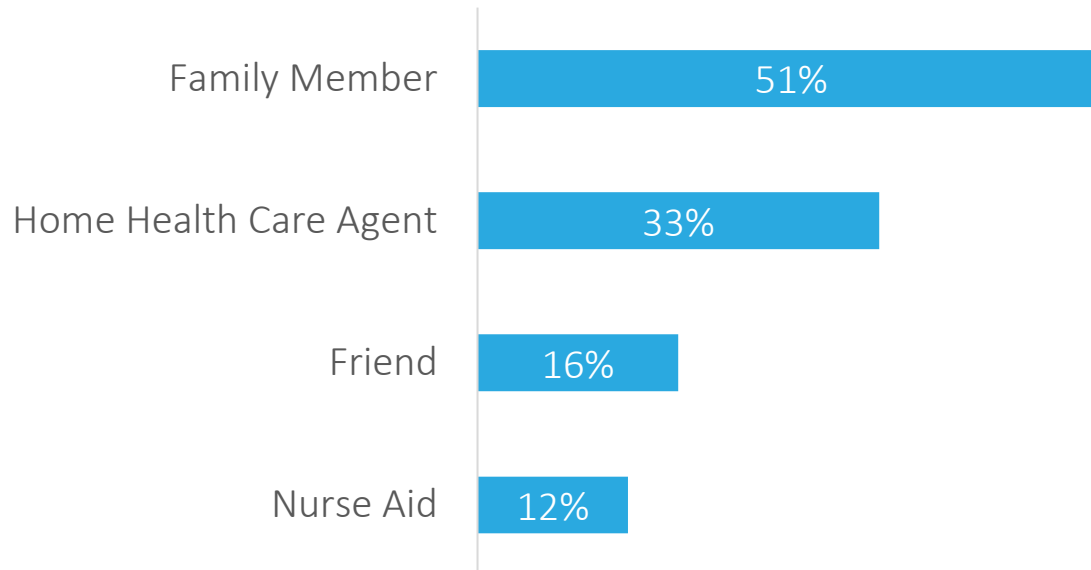
Do you need home-delivered meals to live in your home?



Do you have a caregiver?



Who is your caregiver? (Multiple Response)

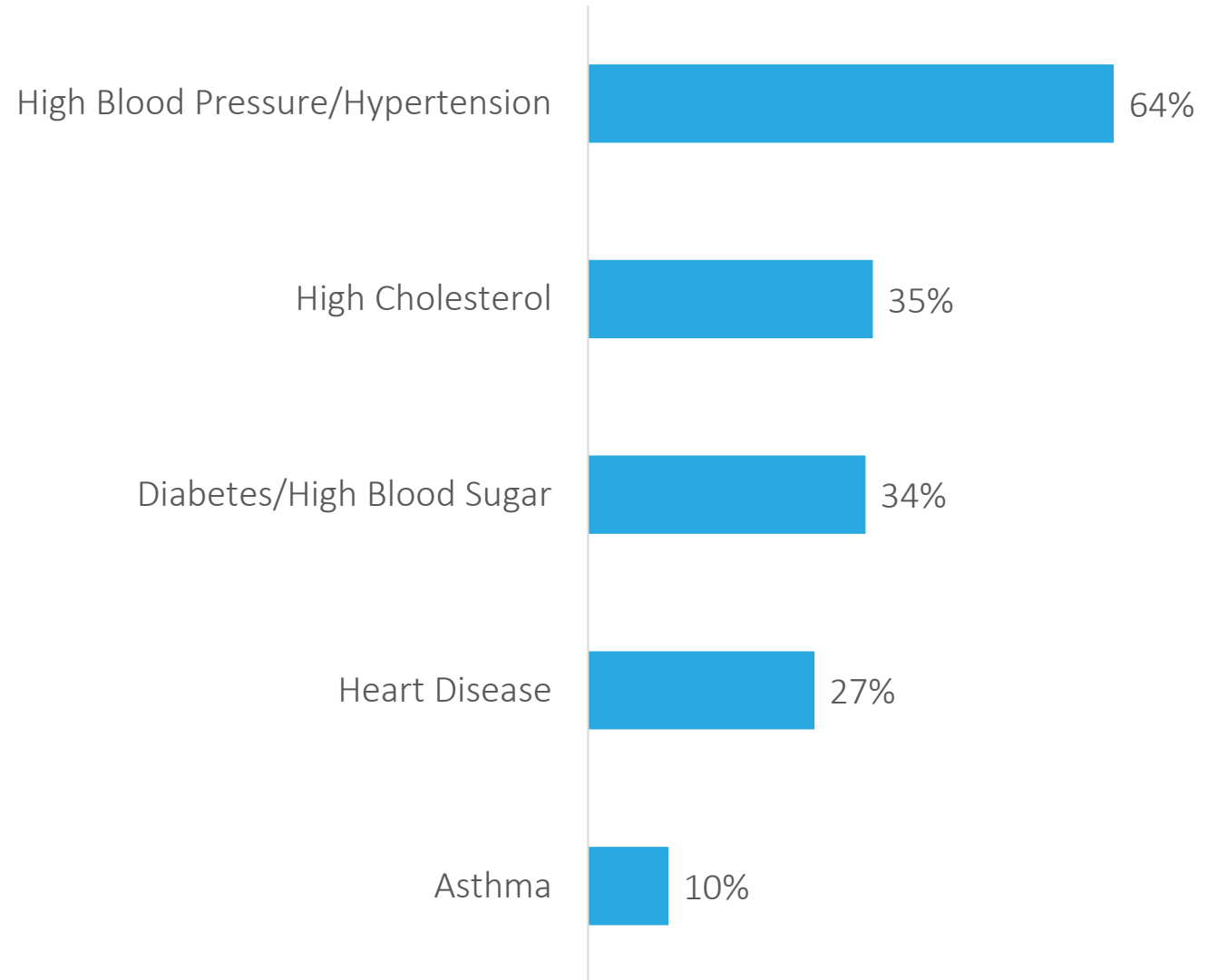


Caregiver

Recipients were asked if they have a caregiver and a minority (19%) responded in the affirmative. For those with a caregiver, about one in two (51%) indicated that their caregiver is a family member, one in three (33%) have a home health care agent, 16% said one of their friends is their caregiver, and 12% have a nurse aid.

Chronic Diseases

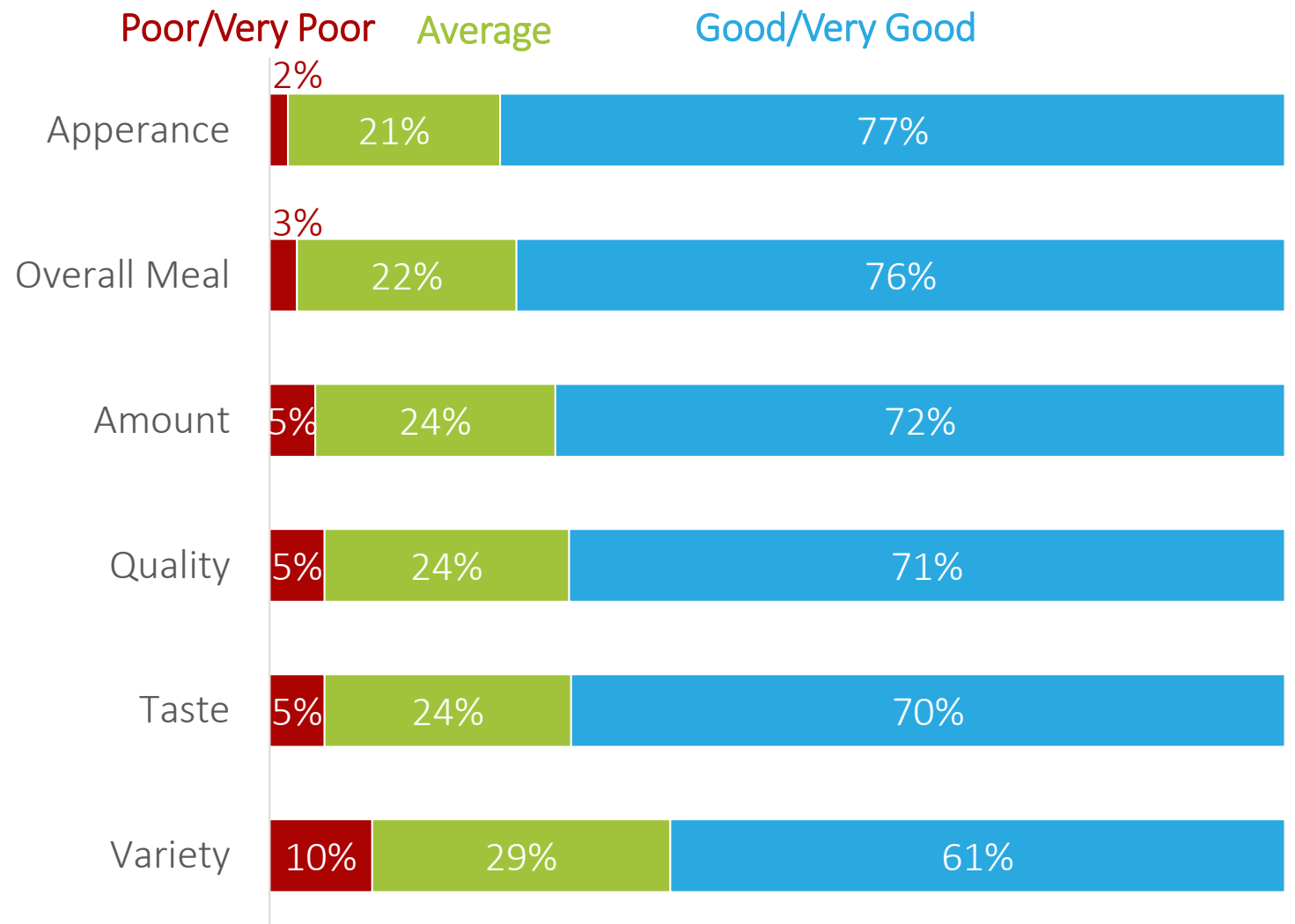
Most of the recipients (87%) indicated that they have been told by their healthcare provider to have one or more chronic diseases. Nearly two-thirds of those with a chronic disease cited that they have high blood pressure or hypertension. About a third have high cholesterol (35%) and another third have diabetes or high blood sugar (34%). Other chronic diseases cited include heart disease (27%) and asthma (10%).



Favorability Ratings of Meals

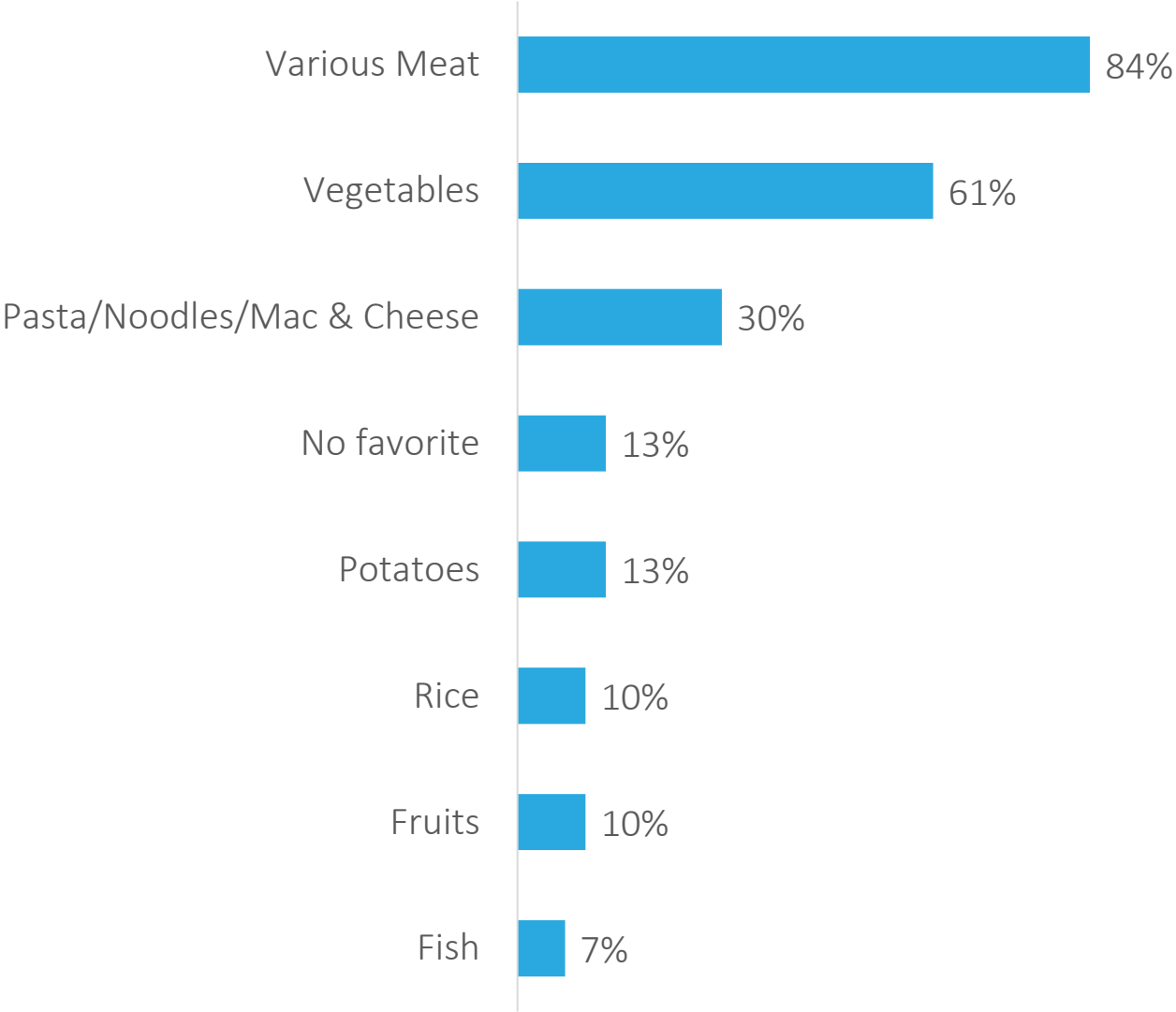
Recipients were asked to rate the meals they received on a set of items such as amount and taste. 'Appearance' and 'Overall Meal' had the highest favorability score with over three in four recipients rating each item as good or very good.

Although 'Taste' and 'Variety' had the lowest favorability score, more than one in two of recipients indicated their meals' taste and the variety were either good or very good.



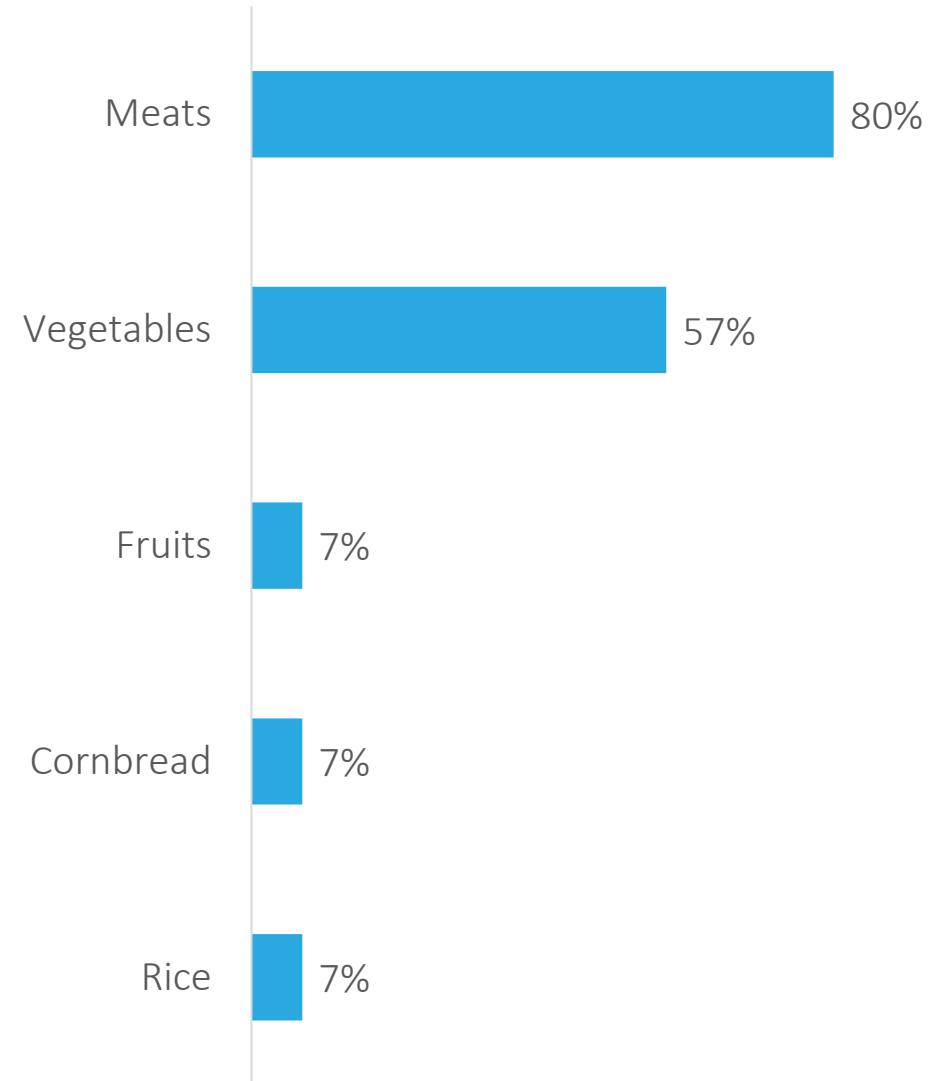
Favorite Meals

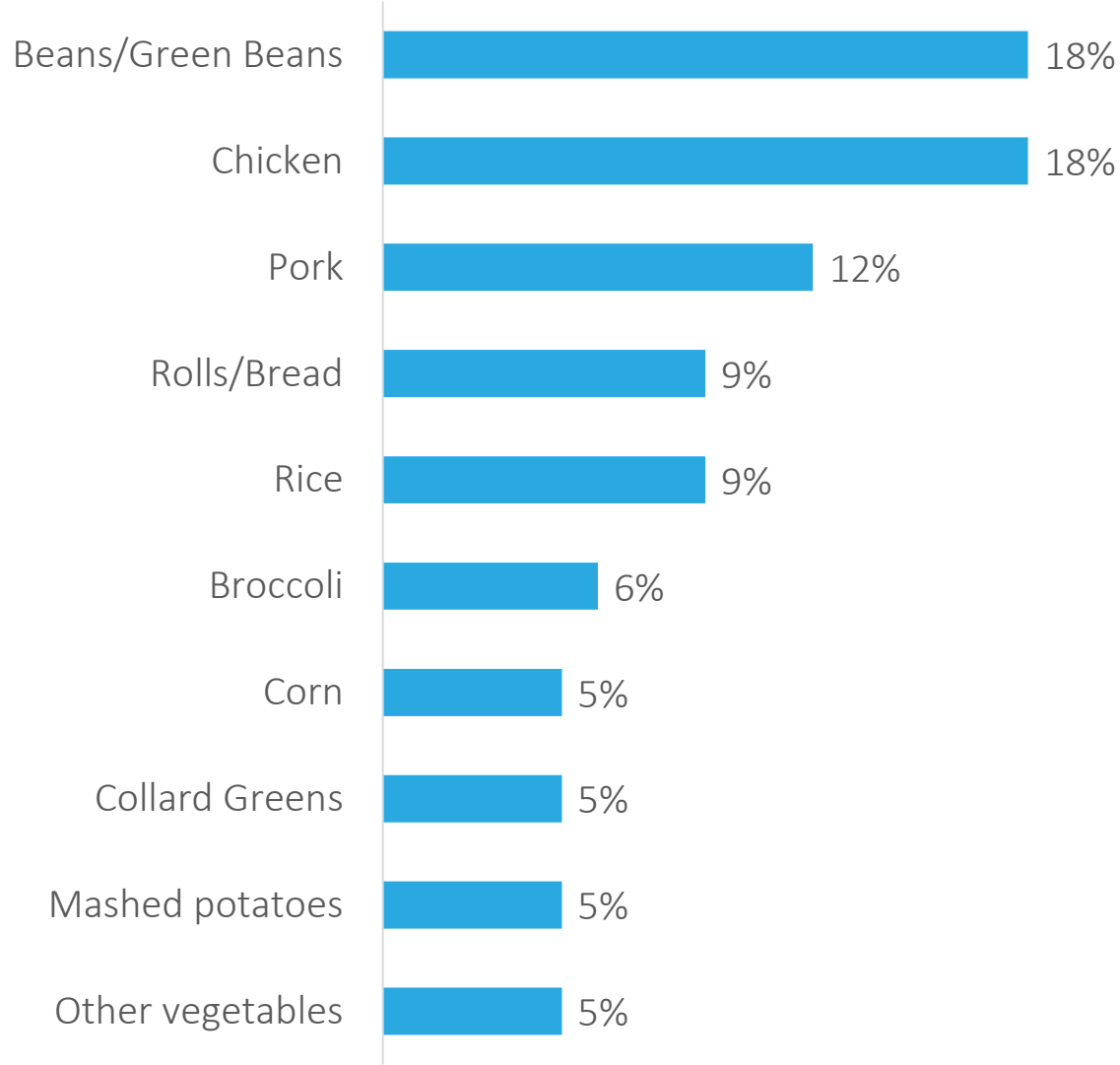
When asked for their favorite meal they receive from Friendship Trays, the majority of respondents (84%) cited meat with chicken being the most popular followed by hamburger, beef or steak. Vegetables were cited by nearly three in five (61%) respondents, which include broccoli, peas, carrots, and beans. A small percentage (13%) indicated that they have no favorite meal.



Requested Foods

Recipients were asked what foods they would like to see more frequently or added to the menu. Seventy-seven recipients provided a response with meat including fish, chicken, and burger being cited by 80% of recipients, followed by vegetables (57%), fruits (7%), as well as cornbread (7%), and rice (7%).



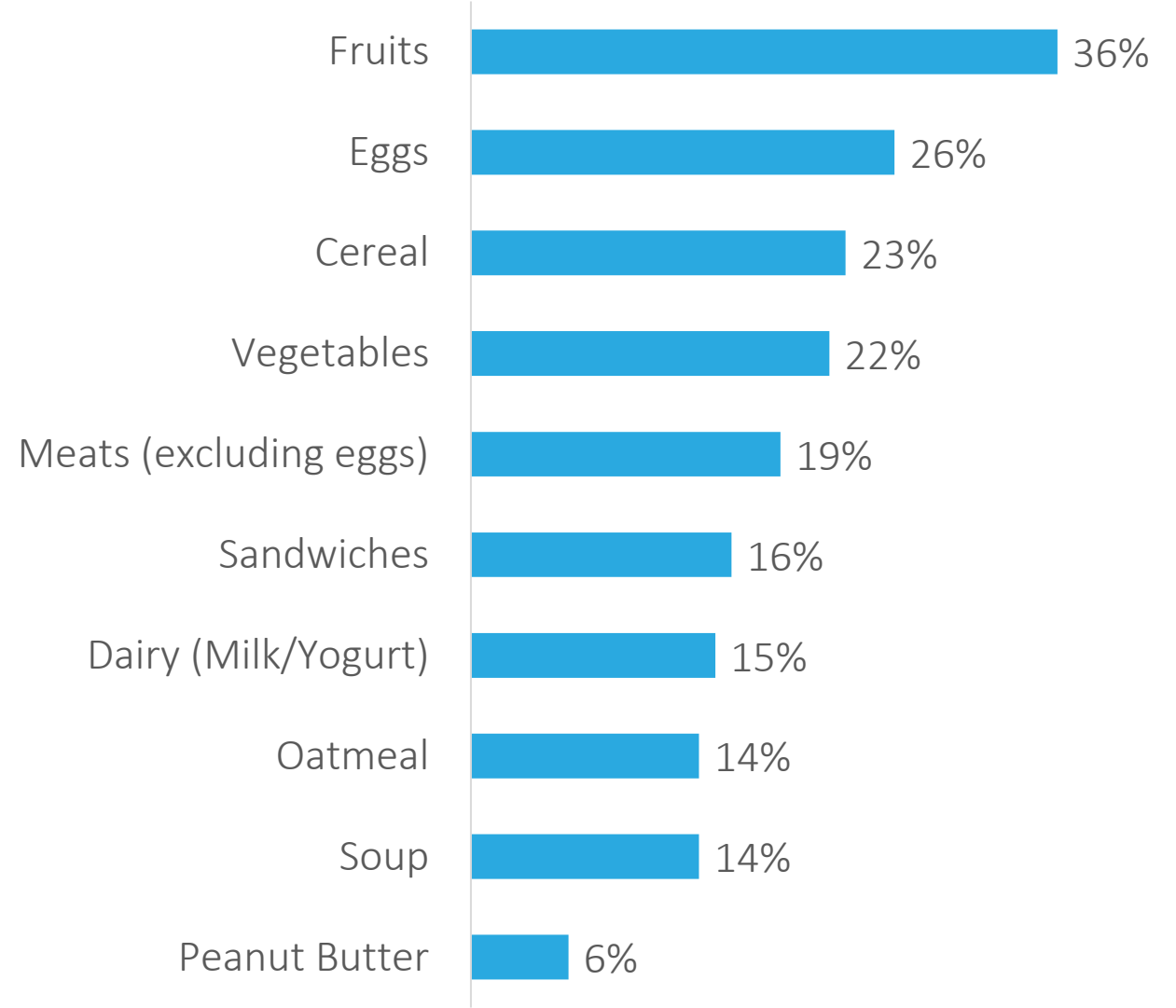


Foods to be Less Frequent

Recipients were also asked what foods they would like to see less frequently or taken off the menu and sixty-six recipients provided a response. The most common food that recipients would like to eat less were beans (18%), followed by chicken (18%), pork (12%), rolls or bread (9%), rice (9%), broccoli (6%), corn (5%), collard greens (5%), mashed potatoes (5%), and other vegetables (5%).

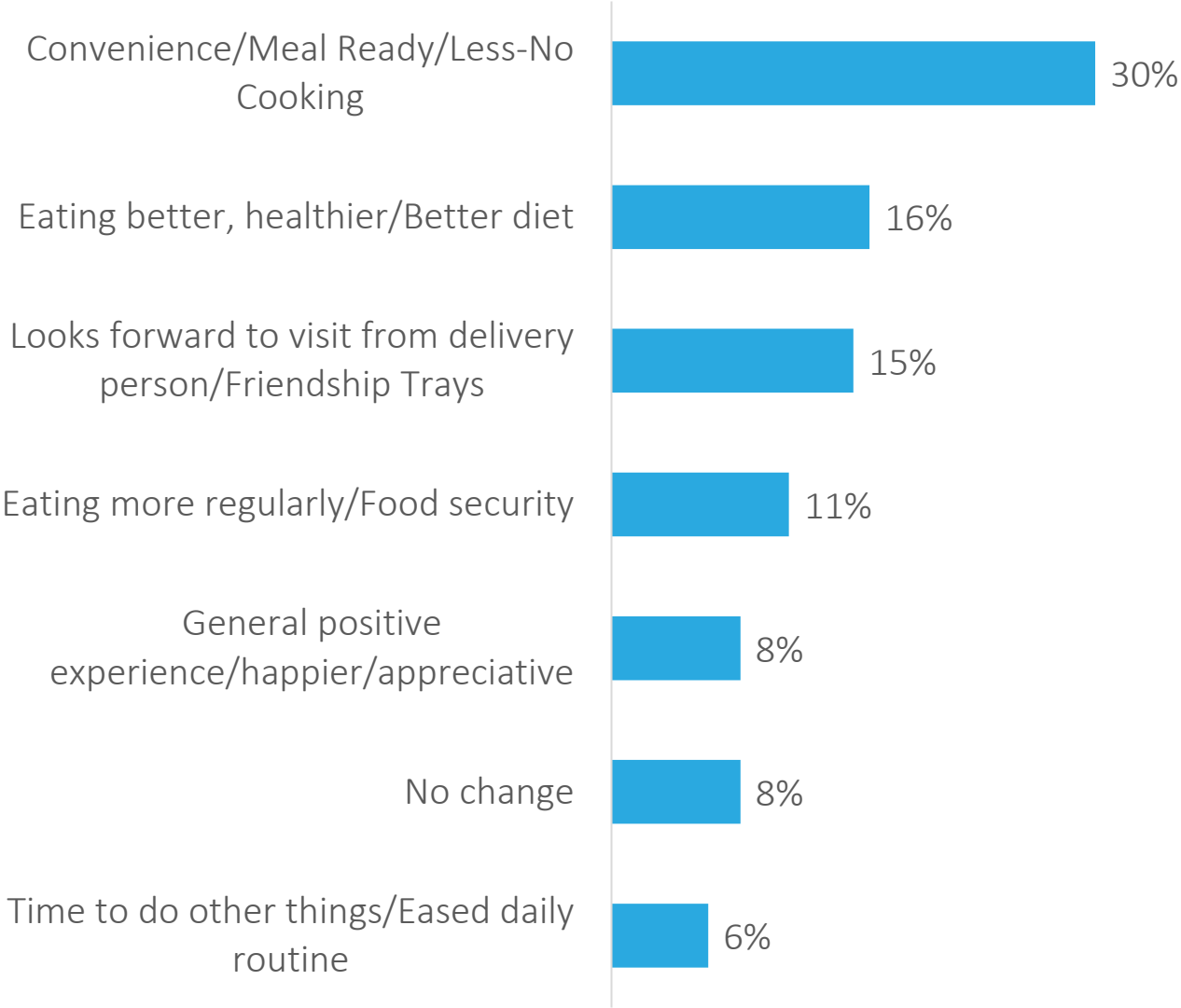
Daily Foods

Recipients were given the opportunity to share other foods they eat daily in addition to their Friendship Trays meal. The chart to the right shows the top 10 responses with fruits (36%) being the most cited followed by eggs (26%), cereal (23%), vegetables (22%), meats (19%), sandwiches (16%), dairy products (16%), oatmeal (14%), soup (14%), and peanut butter (6%).



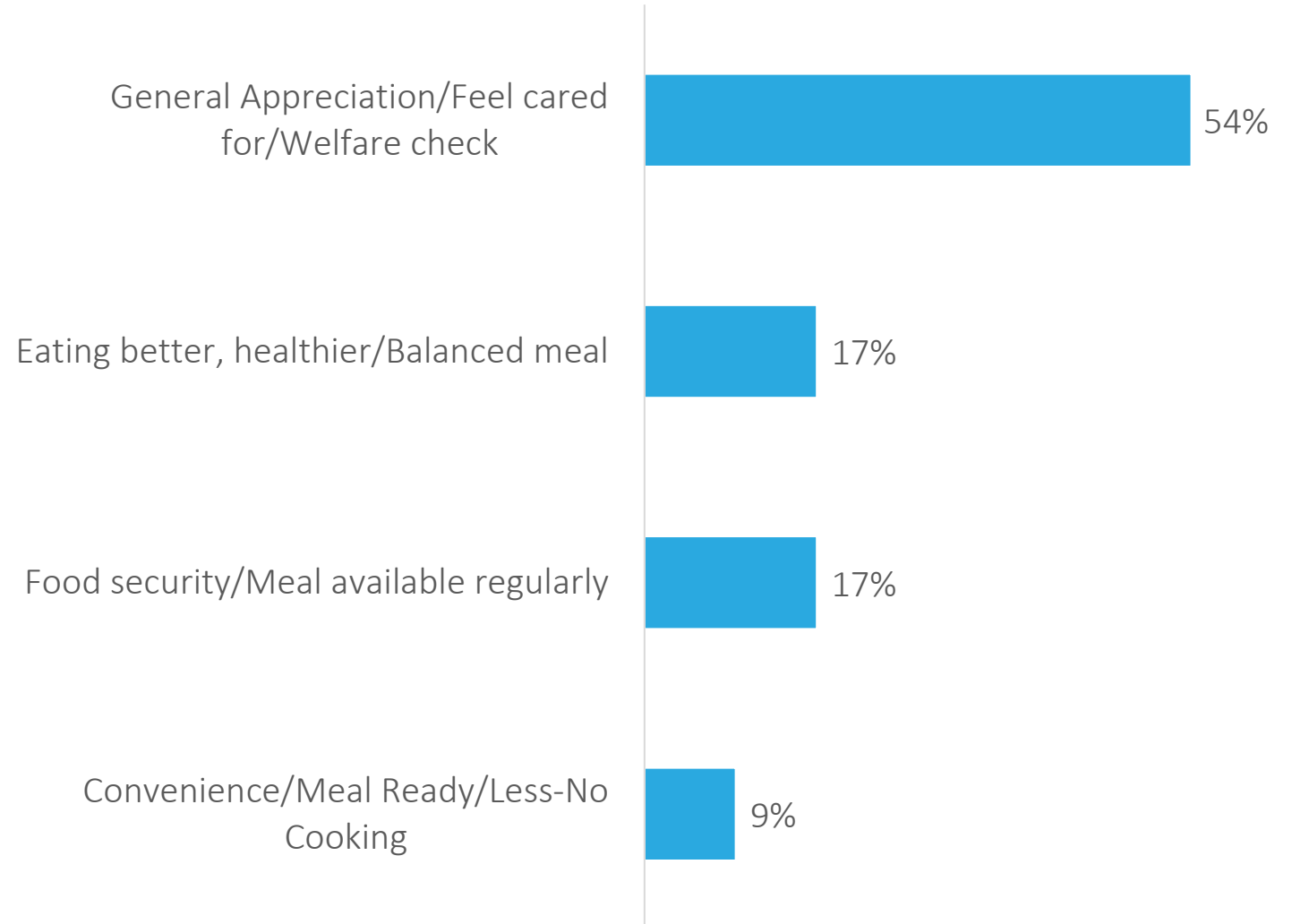
Impact to Daily Routine

80 recipients shared how their daily routine has been impacted by receiving meals from Friendship Trays and those comments have been summarized into common themes in the chart to the left. The most cited response was the convenience of having a meal ready (30%), followed by eating healthier (16%), and 15% indicated that they look forward to having the meal delivery person visit them, especially for recipients who live alone.



Meaning of Friendship Trays

When asked what Friendship Trays mean to them, 95 recipients expressed their views. The most common expression were of general appreciation (54%) particularly from those who live alone who are thankful that the meal delivery person can check on them during their visit. Other themes that arose from the comments were being able to have food security (17%), eat healthier (17%), and the convenience of not having to prepare a meal (9%).



End of Report