



# Affordable & Culturally Appropriate Food For *Afghan Senior Immigrants*

A non-profit organization that serves the settlement and integration needs of immigrants, refugees and new Canadians from all over the world.

**Goal**

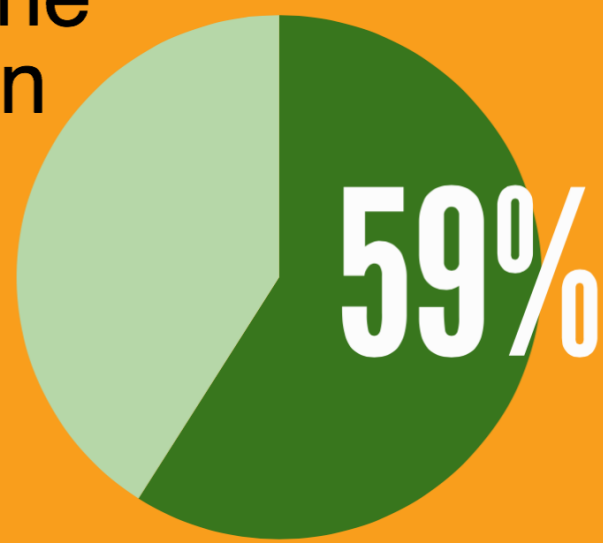
✓ an asset map featuring low-cost culturally appropriate food retailers

✓ a recipe book of Afghan cuisine in English and Dari

## THE PROBLEM

### Immigrants in Edmonds

In 2006, immigrants made up of 59% of the total population in Edmonds<sup>1</sup>



### Food insecurity among senior immigrants

570

seniors living in Edmonds in 2006<sup>2</sup>

30%

 of whom are low income<sup>3</sup>

## THE APPROACH

- Choose 6 typical food retailers: supermarkets and individuals stores
- Collect price information: staples, fruits & veggies, spices, meat, beans & lentils, nuts & seeds, and canned products
- Qualitative observations for variety and freshness
- Summarize into table format

## RESULTS & FINDINGS

### Comparison between Supermarkets and Groceries

#### Criteria



#### Supermarkets



medium

all food categories;  
less variety within  
each category

fresh produce  
available

Directly accessible by  
public transit

VS

#### Independent Groceries



cheap or medium

featuring only  
specific category  
with more variety

less fresh  
produce

Public transit  
available, some  
walking required

## IMPLICATIONS

Our group strongly advocate more programs that can help senior immigrants to cope the problem of finding and purchasing affordable and culturally-appropriate food. Also programs that allow the senior get together for food and communication is recommended. Therefore, their settlement will be improved to a great extent.