

# 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.

**Immigrants in Edmonds** 



√ an asset map √ a recipe book featuring lowcost culturally apropriate food retailers

of Afghan cuisine in **English** and Dari

#### THE PROBLEM

## Food insecurity among senior immigrants

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





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



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

**IMPLICATIONS** 

#### **RESULTS & FINDINGS**

#### Comparison between Supermarkets and Groceries

## Criteria







#### **Supermarkets**



medium

all food catogeries;

less variety within

#### **Independent Groceries**



cheap or medium

featuring only specific category with more variety

> less fresh produce

**Public transit** available, some walking required

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.

## each category

fresh produce available

Directly accessible by **public transit** 

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123 City of Burnaby. (2016). Age Distribution. Neighborhood Profiles. Retrieved from https://www.burnaby.ca/Assets/about+burnaby/about/population+and+quick+stats/Planning+Study+Area+20+-+Edmonds\_1.pdf