



IS THE RICHMOND FOOD BANK PROVIDING CULTURALLY APPROPRIATE AND NUTRITIONALLY ADEQUATE FOOD?



Richmond Food Bank

The RFB feeds over

1400

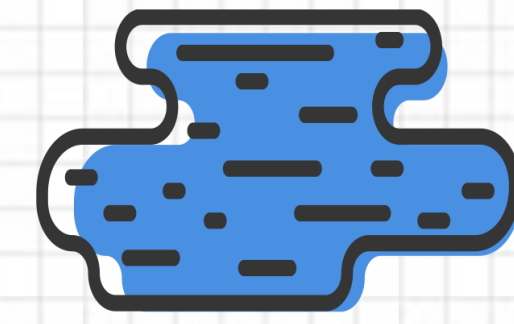


a week, and as a registered charity it runs on donations and volunteers¹.



Why it matters?

The RFB wants to provide more fresh produce to their clients in an appropriate way based on the demographic and needs of their clientele².



Method

Interviews with

54



at two distribution locations. Questions were based on demographic, cultural appropriateness, and nutritional adequacy of RFB groceries.

RESULTS

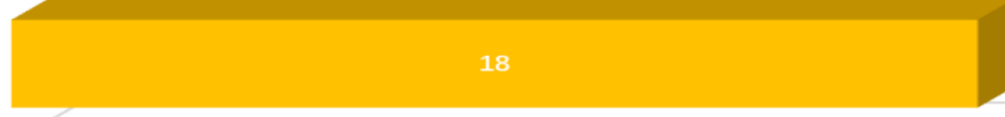
ENGLISH



**MANDARIN/
CANTONESE**



**OTHER
LANGUAGES**



75%

Receive Culturally Appropriate Food

40%

Receive Culturally Appropriate Food

56%

Receive Culturally Appropriate Food

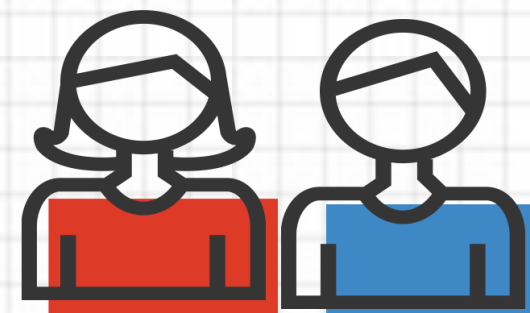
16 RFB clients spoke English at home, and 75% of them were able to make culturally appropriate meals. However, only 40% of clients whose primary language was Chinese, and 56% of clients who spoke other languages were able to make culturally appropriate meals with the food provided.



QUALITY RATING



VARIETY RATING



"More citrus fruits and leafy greens would be great!"
- RFB Client

The food distributed each week by the RFB lasts their clients about **6 days**.

78%

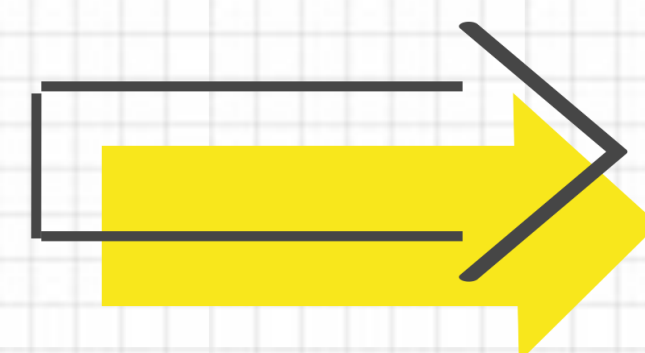
of interviewees supplement the food they receive from the food bank by grocery shopping for items like meat and eggs.

Take Home Message



Mandarin and Cantonese speakers are the largest demographic at the RFB, but they are the least likely to be able to make culturally appropriate meals.

Though clients are requesting more fresh produce, this isn't what they are purchasing when they go grocery shopping. This highlights the need for more fresh produce distributed at the RFB.



Next Steps

This evidence allows RFB to change and invest in more appropriate food for their clientele.

Future interviews can be conducted in multiple languages to get a more accurate portrayal of their diverse demographic.



Acknowledgments:



Check out our blog for more info:
blogs.ubc.ca/2017/lfs350group6/

Sources: 1: <http://richmonatoobank.org/> 2: Personal Communication, Richmond Food Bank