

# Drop-In Meal Evaluation

## Downtown Eastside (DTES) Neighborhood House

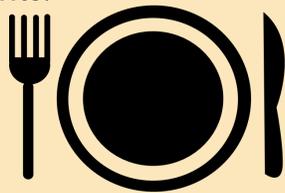
### DTES NH Mission

"...reform the nutritional impact, quality, abundance and delivery of food in the DTES." (1)

**Drop-In Service** provide warm and healthy meal for the residents of DTES while giving them a safe place to mingle.

**The main issue** of DTES NH is the limited healthy food choices.

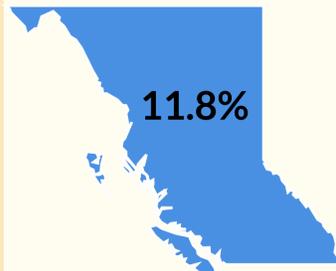
Since the local residents of DTES rely heavily on the meal drop-ins, we want to ensure that every meal they receive will provide adequate nutrients.



### Food Insecurity in B.C.

#### Food Insecurity

"A situation that exists when people lack secure access to sufficient amounts of safe and nutritious food for normal growth and development and an active and healthy life." (2)



11.8% of households in B.C. is considered food insecure



= One in nine households in B.C. is food insecure (3)

### Context of DTES

#### Housing

**700** homeless  
**5000** under housed

#### Income

**70%** are low income

#### Health

- Addiction
- Physical health issues
- Mental health issues

These issues relate to food insecurity which many residents of the DTES also experience. (1)

### Our Aim

Identify the common nutrient deficiencies of the low-income communities and to create strategies to eliminate the gaps.

Identify food preferences of users of the drop-in service.

### Methods

1. Research literature reviews to determine common nutrient deficiencies.
2. Site visit to neighbourhood house to assess the meal program and to survey participants on their opinions of the meals.
3. Provide meal suggestions that include adequate nutrients and satisfy their preferences.

### Our Findings

#### Top 3 common nutrient deficiencies in food insecure households:



**25%** of men are vitamin C deficient  
**16%** of women are vitamin C deficient (4)



**100%** of teenage boys and girls did not meet the mean daily intake of vitamin D (5)

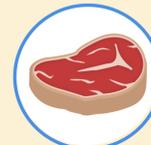


**21%** males had inadequate protein intakes  
**35%** females had inadequate protein intakes (6)

#### Of the 16 people that we talked to...



**44%** wanted more fruits/vegetables



**31%** wanted more meat



**25%** wanted more vegetarian protein food sources

## Recommendations

#### Citrus Smoothie



- frozen fruit (mango, apples, pears, berries)
- frozen oranges
- frozen bananas
- frozen kale (if available)
- fortified milk / milk alternative

Rationale: oranges and kale are high in vitamin C; fortified milk/milk alternative is high in vitamin D.

#### Salmon Quinoa Cakes



- quinoa
- canned salmon
- eggs
- lemon juice
- optional: side salad

Rationale: salmon is both high in protein and vitamin D; quinoa and eggs are protein rich; lemon juice is high in vitamin C.



#### Take Home Message

The DTES NH is helping to improve food security for the local residents. Our recommendations and recipes will help tackle the common nutrient deficiencies in the area while satisfying the users' preferences.



#### What's Next?



1. Improvements in other nutrient deficiencies

2. Offer cultural preferences in meals.

3. Create connections with more organizations that have excess food.

#### Source:

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2. The Economic Analysis of Access, Exchange and Sustainable Utilization of Plant Genetic Resources: Glossary. (n.d.). Retrieved from <http://www.fao.org/economic/esa/seed2d/glossary/en/>

3. Food insecurity in British Columbia - Vancouver Coastal Health. (n.d.). Retrieved from <http://www.vch.ca/about-us/news/food-insecurity-in-british-columbia?fbclid=IwAR1Zkn5-oQcd1QsF1viAbfA34xaKZfyMJMTEYDWIqHvRIQ7z7bLeSvdPIRM>  
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5. Mark, S., Lambert, M., O'Loughlin, J., Gray-Donald, K., (2012). Household Income, Food Insecurity and Nutrition in Canadian Youth. *Canadian Journal of Public Health*, 103(2), 94-99.  
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