

Nutrition with Heart

African American Seniors

In Need Survey

Out of the Seniors surveyed this is the findings as follows:

- **65.7%** of seniors are over the age of **70**, the oldest being **96** years old.
- **82%** of the seniors enjoyed the meals. **17%** indicated they did not enjoy the meals, many with the explanation of the lack of variety or bad delivery.
- **79.4%** of participants get exercise averaging at least one day per week and favors vegetables like broccoli, greens, green beans, and cabbage.

When asked the question, “***What were you doing for meals before this program?***” Over **1/3** were using outside help for daily meals (i.e. food banks, family members, and other meal programs).

58.8% that were cooking for themselves, a majority of them were using food stamps, only eating limited meals or “***buying what I can afford***”, as one person replied.

One senior stated,

“I received a small [amount of] food stamps and bought groceries budgeted. However due to the pandemic the cost of groceries have skyrocketed, the blessing these meals have been a real blessing. Thank you.”

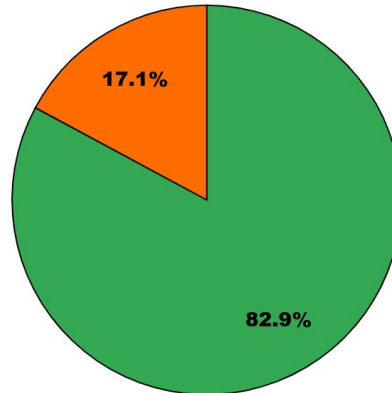
Another person said,

“I appreciate the meals and the ones that prepare and deliver the meals, most of all I thank Peggy Baxter and Donors, it is a blessing to seniors, God bless you all...”

The seniors expressed their thanks and their need for a meal everyday directly delivered to them such as this senior meal program.

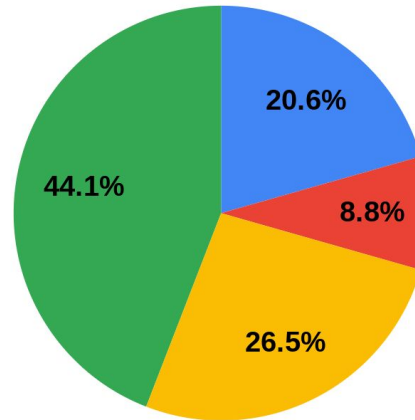
Have you enjoyed the meals you have received so far?

- Yes
- Not Always



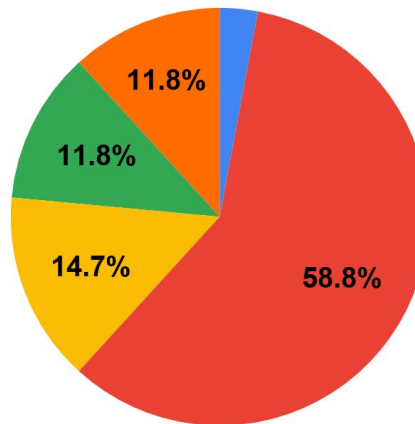
Do you exercise?

- Not at all
- Yes, three times a week
- Yes, once a week
- Yes, daily



What were you doing before this meal program?*

- other
- cooking for myself
- family would help provide
- using a different food program
- eating out



* These answers have been modified to get a more accurate reading.