

Poster Abstract – Original Research

Official Language: English

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Title of Presentation:

Emergency food assistance: a case study of low-income households in municipality of Lisbon

1. Brief description/abstract for the content of the poster presentation (**300 words max**). Introduction / Objectives / Methodology / Results / Conclusion

Nutritional status, poor diet and socioeconomic factors are associated to food insecurity (1,2). This article presents the preliminary results of an action-research that intends to make a food and nutritional characterization of households receiving emergency food assistance (food bank, community canteen) in Lisbon municipality, for development of adequate strategies to nutritional needs among this population. The study applied anthropometry measures, 24h recall, a food insecurity scale(3) and a questionnaire for amenities and socioeconomic factors. A total of 7 households were fully evaluated, making a total of 18 individuals. Most of adult population was female (63,6%) and 45,5% were overweight. Similar results were found in children and adolescent (42,9%). Results show 27,3% adults had no level of education, followed by a lower to medium

level of education. Monthly household income was 'less than 425 euros' (71,4%). Households had received food assistance for at least 1 year. Not all households had amenities like a fridge, a microwave or an oven, but all had a hob. All households were food insecure, with 57,1% in *Severe Food Insecurity Level*. "Not having money" was the main reason mentioned for households not always having enough to eat or the food they want or need. This research will allow us to understand which strategies and policies will best suit the nutritional needs of these populations and enhance their resilience.

1. Simmet A, Depa J, Tinnemann P, Stroebele-Benschop N. The Dietary Quality of Food Pantry Users: A Systematic Review of Existing Literature. *J Acad Nutr Diet.* 2017;117(4):563–76.
2. Martin-Fernandez J, Grillo F, Parizot I, Caillavet F, Chauvin P. Prevalence and socioeconomic and geographical inequalities of household food insecurity in the Paris region, France, 2010. *BMC Public Health.* 2013;13(1).
3. Gregório MJ, Graça P, Santos AC, Gomes S, Portugal AC, Nogueira PJ. REPORT INFOFAMÍLIA 2011-2014. 2017 p. 40–103.

2. Please give two to three key references (published by you or others) which can be used to inform future work:

1. Hendriks SL. The food security continuum: a novel tool for understanding food insecurity as a range of experiences. *Food Secur.* 2015;7(3):609–19.
2. Gundersen C, Engelhard E, Hake M. The Determinants of Food Insecurity among Food Bank Clients in the United States. *J Consum Aff.* 2017;51(3):507–15.
3. Simmet A, Depa J, Tinnemann P, Stroebele-Benschop N. The Nutritional Quality of Food Provided from Food Pantries: A Systematic Review of Existing Literature. *J Acad Nutr Diet.* 2017;117(4):577–88.

3. Please identify, where possible, up to three specific key messages that participants will take away from your poster presentation to inform their future practice.

1. Understand which factors and resources influence food intake and accessibility and affordability to health and safety food of these population is essential to develop adequate and sustainable strategies.

2. Participation and collaboration of stakeholders, local NGO's, community informal leaders involved in emergency food assistance might also allow to develop strategies more tailored to specific contexts.
3. Empower low-income households to reduce food waste, improve their diet, and health, through strategies and activities.