



## Program Evaluation: MOW4Kids

June 3, 2020

A process survey was completed for Meals On Wheels for Kids, a Tampa Bay Network to End Hunger program between May 25-June 3, 2020. An email with the survey link was sent to 189 head of households, representing over 450 children that are served through the program. A total of 26 responses were captured, a 14% response rate.

### Demographics

Of the survey respondents, **about half (46%) have one child in the household**, 27% have two children in the household, 8% have three, 15% have four children, and 4% have six children in the household who receive MOW4Kids. **Almost half of responses included households with children ages 2-8 years old (47.50%), followed by ages 9-12 years old (33%), 13-18 years or older (13%), and newborn to 2 years old (8%). Many respondents reported that they do not participate in any food assistance programs (42%),** while at least a quarter reported they participate in the SNAP program (27%), followed by visiting a food pantry (19%) and WIC (12%).

### Food

**All respondents (100%) reporting when MOW4Kids delivers, everyone in their household eats healthier food.**

On a scale of 1-10, **most respondents (88.5%) reported that the amount of food provided is the perfect amount (8-10 rating).** Every respondent (100%) reported they have enough storage for the current amount of frozen meals delivered each week (5 meals per week/per child). **Most respondents (96%) are able to prepare and/or use all of the food delivered.** One respondent that is not able to prepare and/or use all of the food delivered reported that they share what is left with a neighbor. **Almost half of respondents (46%) reported the provided produce and shelf stable groceries last three to five days in their household,** followed by a third of respondents reporting it lasting five or more days (39%) and 15% lasts one to three days.

**The most desired types of food items respondents would like to receive include fresh fruits (12.4%), snack food items (for example: granola bars, fruit cups, crackers, etc.)(12.4%),** vegetables (fresh and canned)(11.9%), protein (for example: tuna and

11. Which type/s of food items would you most like to receive?	Responses	Ratio	
Protein (for example: tuna, chicken)	11%	20	11.30%
Vegetables (includes fresh and canned)	12%	21	11.86%
Fresh Fruits	12%	22	12.43%
Snack Food Items (for example: granola bars, fruit cups, crackers, etc.)	12%	22	12.43%
Soups	7%	13	7.34%
Dairy (for example: milk, cheese)	8%	16	9.04%
Grains (for example: bread, pasta, rice, corn bread mix)	6%	15	8.47%
Oils (for example: olive oil, canola oil)	7%	13	7.34%
Seasonings/Herbs	8%	15	8.47%
Beverages (for example: juice, water)	11%	20	11.30%
Others		0	0.00%
No Responses		0	0.00%
Comments		1	
Response totals for this question		177	880.00%

chicken)(11.3%), and beverages (for example: juice and water)(11.3%). Soups (7.3%) and oils (for example: olive and canola oil) (7.3%) received the least responses.

Respondents would **most like to receive** the following **fresh produce** items: apples (14%), bananas (12.8%), oranges (12.8%), potatoes (11.6%), onions (9.8%), lemons (9.2%), carrots (8.5%), and garlic (7.9%). Beets (3.1%) and sweet potatoes (7.3%) received the least responses. Five respondents (3.1%) suggested other items, which included: pears, blueberries, watermelons, collard greens, cabbage, squash, zucchini, and lettuce for salads.

13.What shelf stable food items do you most like to receive?	Responses	Ratio
MRE's	8	4.85%
Baked Beans	20	12.12%
Macaroni and Cheese	17	10.30%
Dried Pasta, Rice	16	9.70%
Tomato Sauce	16	9.70%
Soup (for example: cup of noodles, ramen)	17	10.30%
Canned Tuna/Chicken	19	11.52%
Vienna Sausages	11	6.67%
Peanut Butter and/or Jelly	18	10.91%
Cheese Crackers or Saltines	21	12.73%
Others	2	1.21%
No Responses	0	0.00%
Response totals for this question	165	634.00%

Respondents would **most like to receive** the following **shelf stable food items**: cheese crackers or saltines (12.7%), baked beans (12.1%), canned tuna or chicken (11.5%), and peanut butter and/or jelly (10.9%). Vienna sausages (6.7%) and MRE's (4.9%) received the least responses. Two respondents (1.2%) suggested other items, which included: dried meat, trail mix, snack bars and Chef Boyardee. See chart to the left.

Respondents also reported their favorite frozen meals or meal ingredients. The most common responses included: chicken finger meal, chicken marsala meal, all, lasagna meal, macaroni and cheese, cheese enchiladas meal, chicken alfredo meal, chicken parmesan meal, fresh fruit, meat loaf meal, turkey and mashed potato meal, and fresh vegetables. See chart below.

**4.What are some of your child's favorite frozen meals and meal ingredients that MOW4Kids delivers?**

	Responses
Chicken finger meal	10
Chicken marsala meal	6
All	5
Lasagna meal	4
Mac-n-Cheese	4
Cheese enchiladas with rice and beans meal	3
Chicken alfredo meal	3
Chicken parmesan meal	3
Fresh fruit	3
Meat loaf meal	3
Sliced turkey and mashed potatoes meal	3
Vegetables	3
BBQ pulled pork/chicken meal	2
Beef stew/tips meal	2
Cereals	2
Chef Boyardee microwave cups	2
MREs	2
Spaghetti	2

Swedish meatball meal	2
3 bean chili meal	1
Pasta with meatballs meal	3
Hot dogs and beans meal	1
Bagged sandwich meals	1
Fruit cups	1
Juice	1
Peanut butter	1
Rice	1
Salisbury steak meal	1
Snacks	1
Pasta sauce	1
Penne with chicken meal	1
<b>Total responses</b>	<b>78</b>

Respondents were asked to share what items they **would NOT like to receive**, some of these included: MRE's, Vienna sausages, and oatmeal,

### **Food Security**

The USDA Children's Food Security Scale was used to measure food security among children. This scale has been shown to identify food-insecure households with children and households with children that have very low food security. A score of 0–1 indicates high or marginal food security among children, 2–4 indicates low food security among children, and 5–8 indicates very low food security among children. At the time the survey was completed, **26.9% of participants were "high or marginal food secure," 61.5% were "low food secure," and 11.5% were "very low food secure."** Therefore, **73% of households are classified as food insecure.**

**Almost all respondents (96%) reported when MOW4Kids delivers food to their household each week they worry less financially** because of the food provided.

### **Happiness**

**All respondents reported volunteers who bring the food provide them/their children happiness.** Responses included: all of the time (89%), most of the time (4%), and some of the time (7%). **96% of respondents reported children feeling connected and less isolated** when MOW4Kids delivers food each week.

Respondents were asked to share **what they like most about the MOW4Kids program.** The **most common responses were the healthfulness, variety, quality and quantity of the food provided, the delivery aspect, and caring volunteers/staff.** The survey captured the following responses to this question:

- Bus delivery. I have an autistic child that thinks it is the coolest. We have never had a chance to ride on a bus.
- No cost to the parents, free delivery, caring volunteers.
- Consistency.

- The balanced meals and snacks my daughter receives.
- This program helps me out a lot
- The good choice of foods provided.
- Oh my gosh, it is such a relief and blessing when the bus pulled up. I just wish that I had learned about you all sooner. We got 3 deliveries during the covid crisis. Man we could have used some food earlier. THANK YOU~~~!!!!
- Kids will never go hungry.
- Love the portions.
- The different types of food and the quality and quantity of it all. I also love the fresh fruits and vegetables I receive they are always fresh.
- The support and help I receive from them I really appreciate it!
- The good cause of giving food while kids are out of school. And the staff is very friendly
- It's great delicious meals for my children.
- That it brings food to us during the pandemic and I didn't have to take the children out to find food.
- I love how MOW4Kids provide the exact nutrients we need, and every single item is put to use. I love how I don't have to worry about what meals we'll have this week or next because whatever MOW4Kids bring will be enough for my family.
- Making it available to kids
- The healthiness of the food. The frozen/refrigerator meals my child loves, it gets my child to try more healthy foods. The volunteers are always happy and smiling and make me feel good
- That you deliver.
- Service and friendliness
- Healthy meals
- That we don't need to leave the house and are able to stay more safe.
- The help to the community that is being provided.

Respondents were asked **how the program could improve**. Their responses are as follows:

- Actually, there's nothing that need to be improved upon! Communication was amazing. I knew when to expect them and made sure I was available at all times for their arrival. The amount of food provided was just enough to get us by for that week. Thinking back to when toilet tissue was included in one of the boxes it made me think of all the greedy people that ran out to the stores buying up all the tissue. Those rolls lasted us 3 weeks, almost the entire month. I wonder how the others are fairing with their hoards of tissues?! LOL. The volunteers were very polite, my son even told them how we appreciate them bringing it and the food we have because of this program.
- I am not sure that this is going to continue during the summer. Is this blessing over?
- I just want to thank you again this program has truly changed my life for the better and this program is most definitely needed.
- I think you guys are doing a wonderful job.

- Just want to say thank you. We try to make thank you posters in appreciation weekly but wish we could do more. We are so grateful and thankful for you.
- Keep having a great heart. We appreciate you.
- None, I think the program is running seamlessly and we are forever grateful.
- Really appreciate all U do! 🍷
- Thank you
- Thank you all for your help and kindness.
- Thank you for your support and assistance.
- Thank you so much for this program, it does good for the people especially during these uncertain times.
- Thanks for your service and time.

### **Take Away Points/Next Steps**

- Almost half of respondents do not participate in food assistance program. TBNEH can provide information and/or assistance to apply for SNAP or WIC programs.
- Complete the survey again at the end of the program, once school returns back to normal. Specifically want to measure the changes in food security.
- Use a different survey platform next time to allow anonymity because responses may have been biased because responders had to enter their email in order to submit through Benchmark, the survey platform we utilized.
- Send survey in paper form with meal delivery to capture more responses.
- Need to communicate to recipients future of program in terms of summer and school reopening as well as hurricane prep plan.