

# Fighting Hunger

## Hunger Snapshot



### HUNGER

Hunger can mean not being able to afford to eat enough food or have nutritiously balanced meals. Hunger affects all types of households, whether they are families with children or single persons.

- 46% of adults have not eaten for a day because of lack of money
- 40% of adults go hungry at least once per week
- 36% of food bank clients are children
- 19% of children go hungry at least once per week
- 43% of adults often could not afford to eat balanced meals

### WHAT CAUSES HUNGER IN ONTARIO?

Most people in Ontario go hungry due to a lack of income. There are many factors that push people into a poverty trap. One of the largest barriers that keeps people trapped in this cycle of poverty is the cost of housing.

- 41% of new clients lost their job or have reduced hours
- 67% of clients are receiving social assistance
- 45% of clients are single persons
- 46% of clients have a disability

### JOIN THE FIGHT AGAINST HUNGER. HOW CAN YOU HELP?

Learn more about the proposed Ontario Housing Benefit and other information on poverty and hunger by visiting [www.dailybread.ca](http://www.dailybread.ca). Show your support. Visit [www.dailybread.ca](http://www.dailybread.ca) and add your name to the call for an Ontario Housing Benefit. Share this information with friends, family and neighbours. As we approach the upcoming provincial election, tell your provincial candidate that poverty and hunger are issues that matter to you. Ask them to support an Ontario Housing Benefit as well.



# TAKING THE FIGHT OUT OF MEAL TIME!

At any age, eating may seem to be the one thing you can control. Witness the two year old who will only eat the bun , but no hot dog. Two days later she will only eat hot dog, but no bun! Or the senior who seems to only pick at his meal, and the teen who thinks a burger and coke provide all the essential nutrients, as long as a chocolate bar is thrown in for good measure! How can you share the control you have as a caregiver, no matter what their age?

Here are some tips:

- Offer meals with a variety of choices (you control the what) and let the care recipient choose how much. A protein source (meat, fish, chicken or beans), a dairy product (milk, yogurt or cheese), a starch (rice, potato, peas, corn or bread), vegetables (from artichoke to zucchini) and fruit (as dessert) will give them choices.
- Put small portions of all the meal items (including dessert!) at the place setting at the beginning of the meal. Let her eat in whatever order she wishes. She'll most likely eat more, even if dessert goes first. (A fruit and vanilla low-fat yogurt compote is an excellent dessert choice filled with vitamins, minerals and protein).
- As much as possible, let him help with meal preparation. For example, let him make fruit salad using a blunt knife or tear the greens for a tossed salad.
- Be sure she is erect and seated comfortably when she is eating, whether at the table or in an easy chair or bed.
- Provide utensils that support his independent ability to feed himself. Speak to an occupational therapist about special utensils if self-feeding is too laborious.
- Snacks are an important source of nutrients if your loved one eats small meals. Offer foods with lots of protein, vitamins and minerals.
- Offer water to quench thirst before meals. Drinking juice, fruit punch or soda will make one too full to enjoy healthy meals and snacks.
- Provide opportunities to engage in physical activities, if at all possible. Exercise builds muscle, naturally stimulates the appetite and gives a sense of accomplishment. There are exercise videos for those confined to a chair , too!

By Rita Miller-Huey

## Biography

Cindy Sutch, RN

Cindy , as registered nurse brings to the position of Clinical Educator 26 years of experience in acute care, long term care, and retirement. For the past 10 yrs, she has been in management and most recently held the management position as Director of Care.

Last year 2010, Cindy graduated from Ryerson University with a Bachelor of Health Administration. She feels you are never too old to learn and develop new skills, which she continues to do. As part of the Pulse Rx team Cindy is able to use so many of her experiences to impart knowledge and help train other nurses in the health field. Cindy feels we can all continue learning from each other every day to create better work environments to share with colleagues and clients.

Cindy is a member of the Registered Nurses Association of Ontario and has taken part in different Best Practice initiatives in long term care. As part of the Pulse Rx team she brings a perspective and a strong understanding of the regulations that govern the nursing practice.

Cindy is excited to be part of the PulseRx team and looks forward to visiting all the homes and providing education, training, and audits, to help facilitate improvements and personal growth. Through this avenue she hopes our residents will have the best possible care.

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