



This info sheet is one of 12 two-pagers that highlights key findings and promising practices from the **Co-Creating Evidence (CCE)** study.

**Co-Creating Evidence** was an evaluation of eight different Canadian programs serving women at risk of having an infant with prenatal exposure to alcohol or other substances.

## Food Security/Nutrition and Basic Needs Support through **Wraparound Programs**

Substance use during pregnancy often overlaps with other issues including abuse (historical and current), child welfare concerns, and other social, health and mental health issues. Day-to-day, this can include deep poverty, precarious living conditions and food insecurity.

**In the CCE study, all 8 programs offered some level of basic needs support for their clients.**

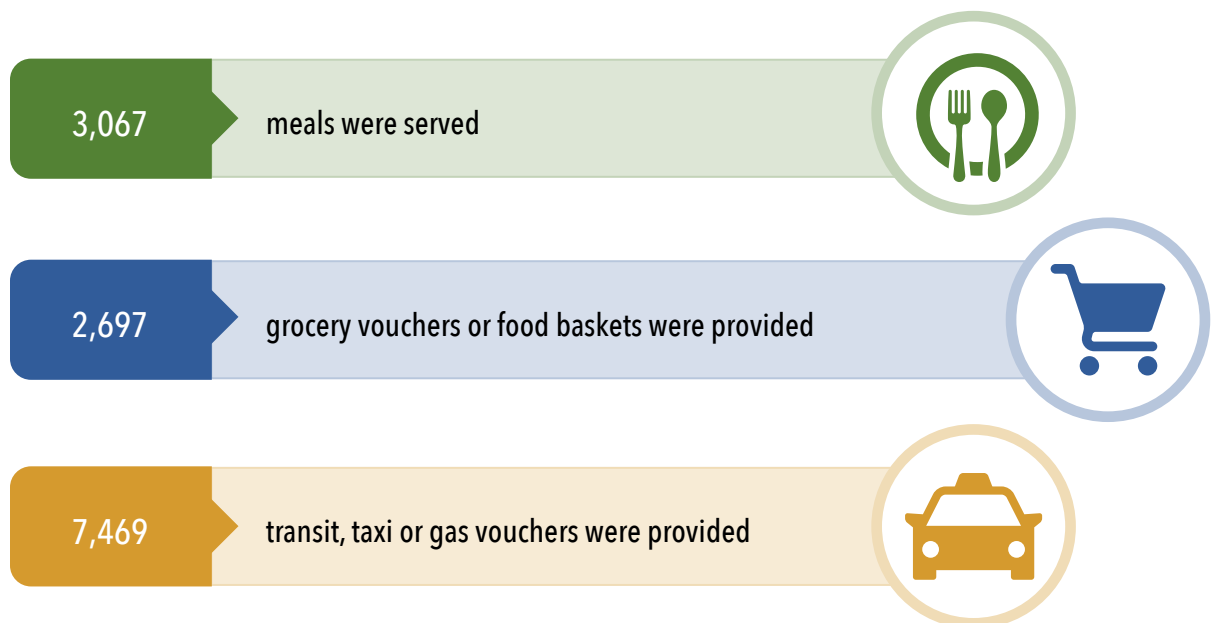
Some programs provided a hot meal daily, while others did so only during regular programming. In terms of transportation, several programs provided transit tokens and/or routinely drove and accompanied women to appointments and services in the community; another program provided taxi vouchers for their clients.

At all programs, basic needs items such as diapers, clothing, toys, books, personal care items, and furniture were made available.

Basic needs support can include access to food vouchers, meals, transportation, clothing, personal care items, baby supplies, children's toys and clothing, and furniture.

Helping clients deal with their immediate needs and issues is considered best practice.

### Between April 2018 and September 2019:



# Food security and basic needs support in practice

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"I use the Donation Room for clothing, books, toys, household stuff and diapers."

"I haven't bought any diapers since my baby was newborn."



## Example: Food / Nutrition

- Hot lunch daily or at weekly group
- Community Kitchen focusing on food safety, nutrition and cooking skills
- Weekly snack bags, fruit bags, eggs, cheese and milk for families with children under age 2

## Example: Basic Needs

- Infant supplies; diapers
- Clothing and personal hygiene donations
- Condoms; pregnancy kits
- Financial aid worker comes on-site weekly or is assigned to program

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"I have lunch here. I get the Second Harvest food donations. Plus, when I go to groups, they give out grocery store coupons."



## Example: Food / Nutrition

- Always have food available for clients who walk in
- Prenatal vitamins
- Community nutritionist

## Example: Transportation

- Transportation to appointments
- Accompaniment to food bank and education about nutrition



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"And they gave me a gift card so I could buy a bathing suit so I could go swimming with my daughter."

## Example: Food / Nutrition

- \$10 gift card for groceries, or milk coupon
- Farmers' markets coupons
- Food recovery program supplies meals for the weekly drop-in group

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"It helps to learn new recipes and to try new foods. It helps to know what the kids like too, because they also eat the breakfast."

