

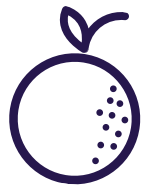
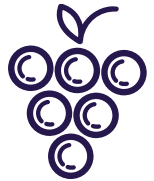
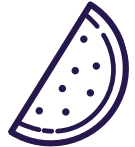
WE NEED VOLUNTEERS!

# FOOD ACCESSIBILITY AND INSECURITY AMONG RURAL SENIORS



**INVITING SENIORS 70+ YEARS IN  
HURON, BRUCE, PERTH, AND GREY  
COUNTIES TO PARTICIPATE IN A  
RESEARCH STUDY**

- Gateway Centre of Excellence in Rural Health hopes to gain a snapshot of the food insecurity and accessibility challenges among seniors.
- The study explores eating patterns, food consumption, food insecurity experiences, accessibility to food, and the adequacy of diet.
- **We are seeking 20 participants in each county to partake in a 60-minute phone interview.**



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# ABOUT THE RESEARCH



- Adequate nutrition is part of a healthy lifestyle, but just as important, it is critical for people who live independently or may be managing chronic disease.
- The study will help address food concerns connected to the health of the rural senior population.
- Gateway Centre of Excellence in Rural Health has partnered with the University of Guelph for this study.

## CONTACT INFORMATION

If you, or someone you know, have interest in participating or would like more information, please contact:

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Your experience is valuable and your time is appreciated.

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<https://www.gatewayruralhealth.ca/food-insecurity.html>

