

# The Value of Food Assistance Activities: from the 2021 and 2023 Surveys

7<sup>th</sup> May 2024 (Tue)

Meals on Wheels Japan

# Overview of the 2021 Survey

- Title: Survey on the Current Situation of Food Support Activities and Food Aid during the COVID-19 Pandemic
- Implementing organization: (1) Meals on Wheels Japan  
(2) Shimizu Laboratory (Chiba University)
- Implementing period: August 10 - September 20, 2021
- Survey targets: The following food support activities, which were active or inactive as of July 2021:
  - 1) Meal delivery service
  - 2) Children's meal delivery service
  - 3) Luncheon club
  - 4) Community cafeteria, Multi-generational cafeteria  
(hereinafter referred to as "community cafeteria")
  - 5) Children's cafeteria (*Kodomo shokudo*)
  - 6) Food pantry

Chart 1: Valid responses [2021 survey]

		Activities in progress	Inactive activities	Total
Responses by Web (303 organizations)	Number	304	41	345
	Percentage	88.1%	11.9%	100.0%
Responses by Paper (175 organizations)	Number	180	41	221
	Percentage	81.4%	18.6%	100.0%
Total (478 organizations)	Number	484	82	566
	Percentage	85.5%	14.5%	100.0%

Chart 2: Number of valid responses by activity type  
[2021 survey]

	Activities in progress		Inactive activities		total	
	Number	Percentage	Number	Percentage	Number	Percentage
Meal delivery service	84	17.4%	3	3.7%	87	15.4%
Children's meal delivery service	39	8.1%	1	1.2%	40	7.1%
Luncheon club	11	2.3%	10	12.2%	21	3.7%
Community cafeteria	56	11.6%	29	35.4%	85	15.0%
Children's cafeteria	180	37.2%	36	43.9%	216	38.2%
Food pantry	111	22.9%	2	2.4%	113	20.0%
Unknown/No response	3	0.6%	1	1.2%	4	0.7%
<b>total</b>	<b>484</b>	<b>100.0%</b>	<b>82</b>	<b>100.0%</b>	<b>566</b>	<b>100.0%</b>

Chart 3: Percentage of persons aged 65 and older among customers, by activity type [only activities in progress] [2021 survey]

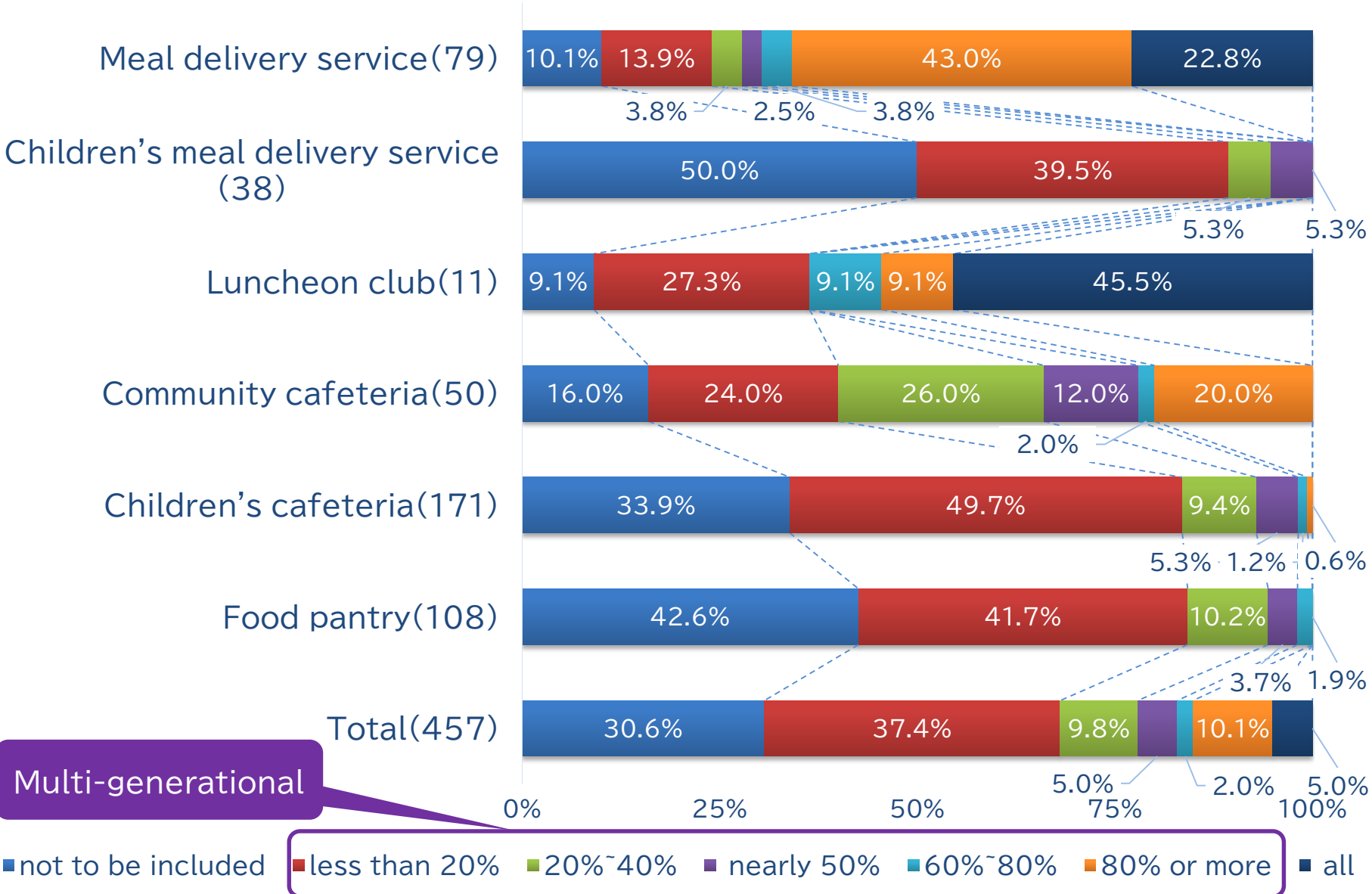
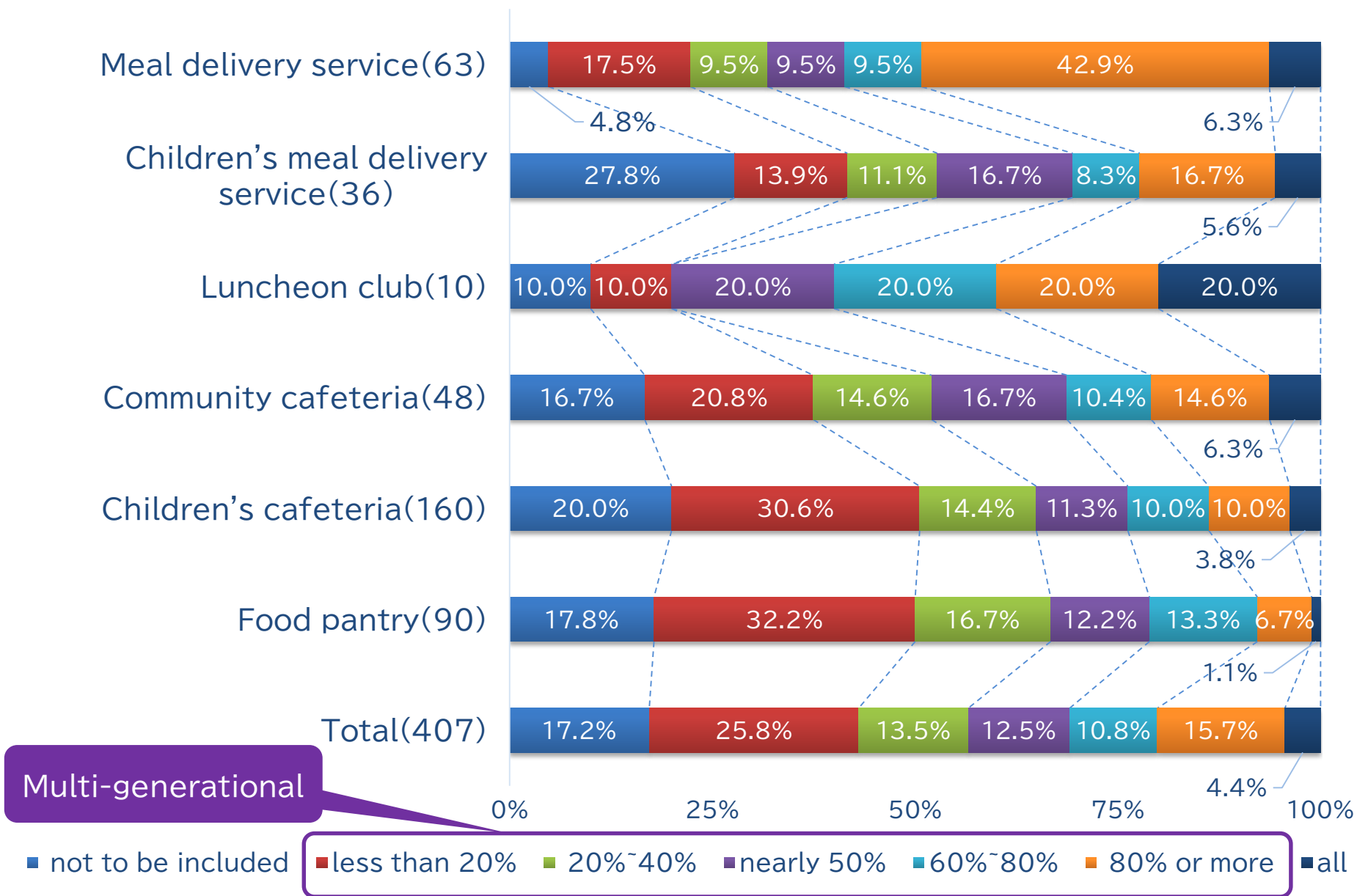
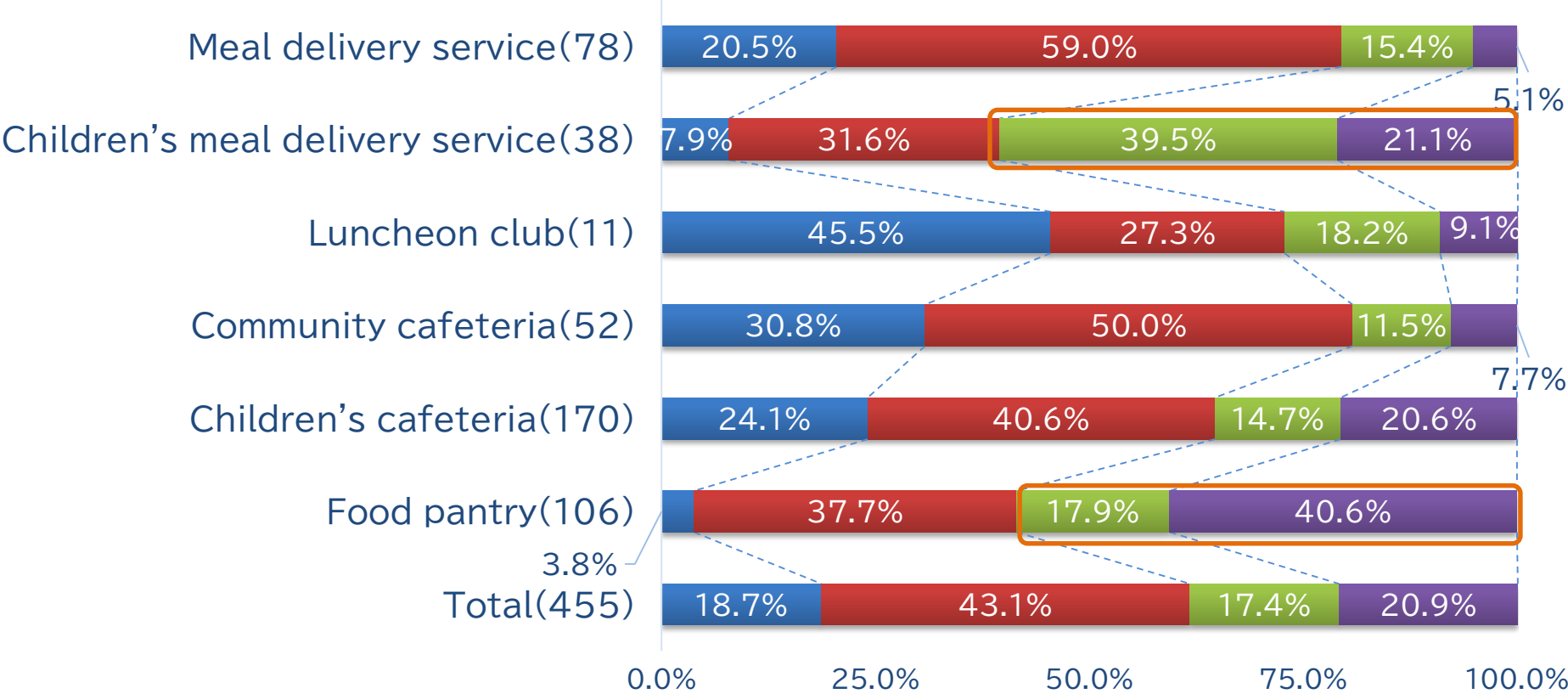


Chart 4: Percentage of people aged 65 and older among volunteers, by type of activity (only activities in progress and with volunteers) [2021 survey]



# Chart 5: Response to the Covid-19 Pandemic by Activity Type (only activities in progress) [2021 survey]



- Temporarily suspended due to the COVID-19 pandemic
- Continuing since before COVID-19 pandemic

New activities started after the coronavirus pandemic

- Supporting target groups before the COVID-19 pandemic through other forms of activity
- Started after the COVID-19 pandemic

Chart 6: Effectiveness of Activities on Users by Activity Type  
 (Selected up to 3 options, only activities in progress) [2021 Survey] (%)

	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
Meal delivery service(72)	31.9	0.0	15.5	47.2	73.0	36.1	18.1	1.4	18.1	19.4	5.6
Children's meal delivery service(26)	16.0	0.0	15.4	23.1	46.2	38.5	38.5	3.8	65.4	34.6	7.7
Luncheon club(15)	0.0	6.7	26.7	73.3	33.3	66.7	26.7	0.0	6.7	33.3	13.3
Community cafeteria(56)	5.6	12.5	16.1	58.9	25.0	58.9	28.6	17.9	23.2	21.4	8.9
Children's cafeteria(142)	11.3	14.8	21.8	54.9	28.9	45.1	37.3	4.9	29.6	20.4	7.7
Food pantries(78)	2.6	5.1	6.4	10.3	42.3	19.2	41.0	1.3	80.8	48.7	10.3
<b>Total(389)</b>	<b>12.3</b>	<b>8.5</b>	<b>16.5</b>	<b>43.7</b>	<b>40.9</b>	<b>40.6</b>	<b>32.9</b>	<b>5.1</b>	<b>38.3</b>	<b>27.5</b>	<b>8.2</b>

(1) getting a healthier lifestyle, (2) getting learning opportunities, (3) nutrition education opportunities, (4) enjoyment of the meal, (5) getting nutrition, (6) interacting with others, (7) having a source of comfort, (8) getting roles and responsibilities, (9) having financial support, (10) being able to talk about your challenges of living, (11) knowing more about the local community and the society,

Colors: first, second, and third place for each activity



Chart 7: Effectiveness of Activities on Volunteers (Select up to 3 options. Only activities in progress with volunteers) [2021 survey] (%)

	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
Meal delivery service(52)	23.1	32.7	3.8	1.9	0.0	86.5	30.8	61.5	5.8	11.5	23.1
children's meal delivery service (28)	0.0	14.3	0.0	0.0	0.0	85.7	39.3	71.4	7.1	10.7	35.7
Luncheon meal club(14)	14.3	21.4	7.1	14.3	0.0	64.3	21.4	64.3	7.1	28.6	57.1
community cafeteria(59)	11.9	11.9	3.1	15.3	3.4	71.2	37.3	86.4	1.7	11.9	23.7
children's cafeteria(151)	3.3	25.8	4.0	9.9	4.0	76.2	37.7	70.9	2.9	6.0	28.5
food pantries(69)	0.0	21.7	2.9	1.4	0.0	78.3	29.0	78.3	2.9	5.8	44.9
<b>Total(373)</b>	<b>7.0</b>	<b>22.4</b>	<b>3.5</b>	<b>7.5</b>	<b>2.1</b>	<b>77.5</b>	<b>34.6</b>	<b>73.2</b>	<b>3.5</b>	<b>8.8</b>	<b>31.6</b>

(1) getting a healthier lifestyle, (2) getting learning opportunities, (3) nutrition education opportunities, (4) enjoyment of the meal, (5) getting nutrition, (6) interacting with others, (7) having a source of comfort, (8) getting roles and responsibilities, (9) having financial support, (10) being able to talk about your challenges of living, (11) knowing more about the local community and the society,

Colors: first, second, and third place for each activity

# Overview of the 2023 Survey

- Title: Survey on Supports for Creating a Place to be (*ibasho*) through Meals
- Implementing organization: Meals on Wheels Japan
- Cooperation: Shimizu Laboratory (Chiba University), Harada Laboratory (Rikkyo University)
- Implementing period: August 4th to October 15th, 2023
- Survey targets:
  - (1) Public (and semi-public) institutions supporting the creation of a place to be through meals such as related sections of municipalities and local social welfare councils
  - (2) Citizen's activity groups work to create a place to be (*ibasho*) through meals.
- Survey area: 9 prefectures
- Valid answer:
  - Regarding (1) above: 268 institutions
  - Regarding(2) above: 313 activities

Chart 8: Number of valid responses by activity type from citizen's activity groups [2023 survey]

	number	%
Children cafeteria	134	42.8
Community cafeteria	44	14.1
Food pantry	33	10.5
A place to be for children	27	8.6
A Place to be for elderly	23	7.3
Children's meal delivery service	16	5.1
Learning support	11	3.5
Lucheon club	9	2.9
Youth support	6	1.9
Meal delivery service	5	1.6
Employment support	4	1.3
Unknown	1	0.3
<b>Total</b>	<b>313</b>	<b>100.0</b>

Chart 9: Number of valid responses from municipalities and social welfare councils [2023 survey]

	number	%
Section of welfare/nursing care	71	27.2
Section of Children	37	14.2
Section of other than welfare, nursing care, and children	14	5.4
Social welfare council	86	33.0
Others	9	3.4
Unknown	44	16.9
<b>Total</b>	<b>261</b>	<b>100.0</b>

Chart 10: Percentage of aged 65 and older [2023survey]

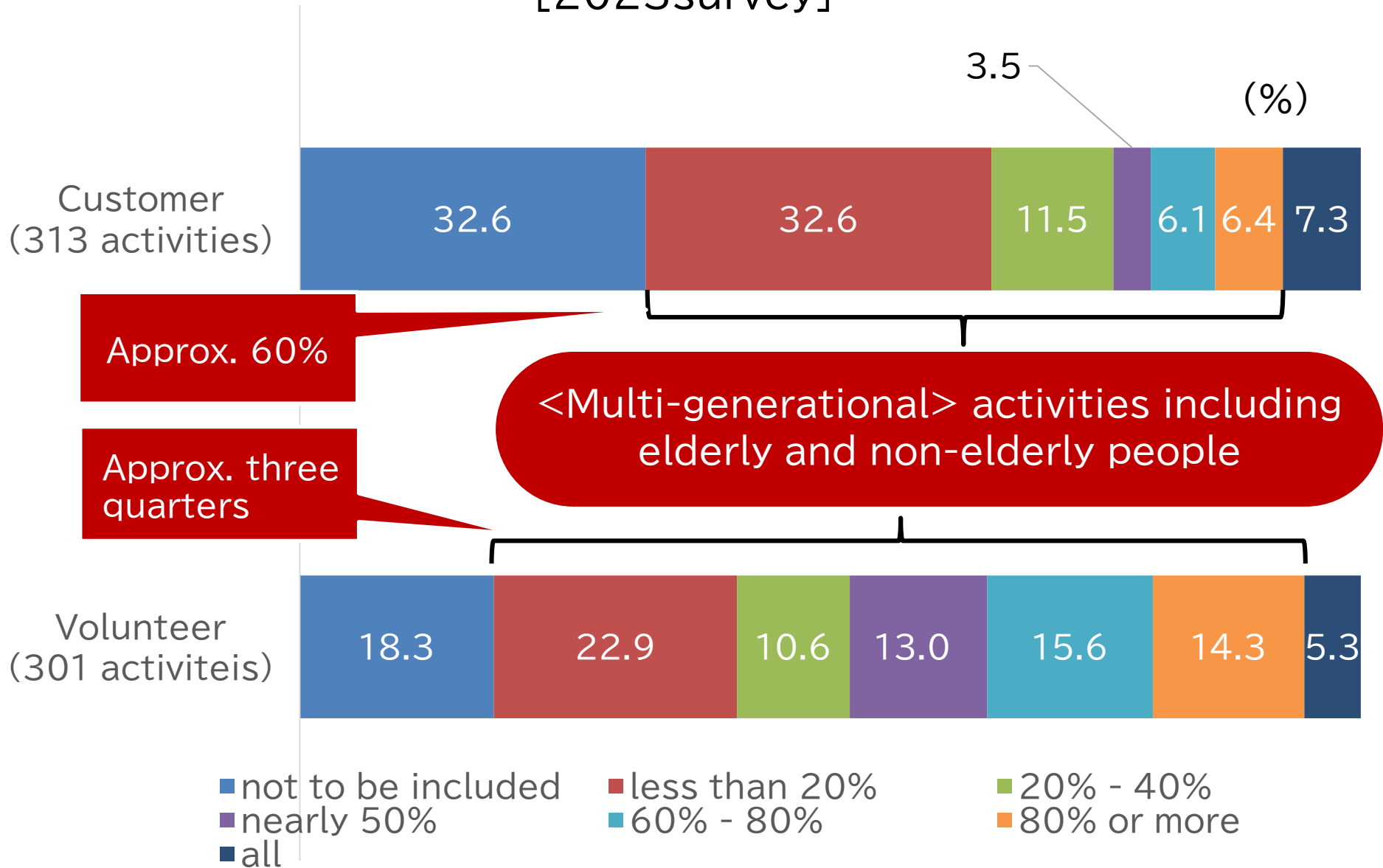


Chart 11: **【Question to activities】** The value that activities have **for volunteers**  
**【Question to municipals and SWCs】** The value that activities have **for citizens**  
 (Selected up to 3 options)[2023 Survey]

	Activities	Municipals and SWCs
	(N=301)	(N=268)
<b>Can interact with other people</b>	① 67.8	① 61.2
<b>Get a turn or role</b>	② 42.5	⑧ 14.2
<b>Be a learning opportunity</b>	③ 30.6	⑨ 8.6
Find a place for your heart	④ 27.9	⑥ 25.0
Can enjoy having the meal	⑤ 23.9	⑤ 25.4
<b>Provides an opportunity to “relieve isolation”</b>	⑥ 20.6	② 45.5
Provides an opportunity for nutritional education	⑦ 19.6	⑨ 8.6
Get information about your local community and society	⑧ 18.3	⑨ 8.6
Can talk and communicate on your challenges	⑨ 11.3	④ 28.7
Provide financial support	⑩ 6.6	⑦ 17.9
<b>can receive nutrients</b>	⑪ 5.6	③ 30.6
Acquire desirable lifestyle rhythms and lifestyle habits	⑫ 3.0	⑫ 6.0

Chart 12: 【Question to both】 The value that activities have for local community and society ((Selected up to 3 options)[2023 Survey]

	Activities	Municipal and SWCs
	(N=312)	(N=268)
Create connections among local residents	① 47.4	① 48.9
Children can grow up healthy	② 43.6	⑧ 18.3
People of many generations can interact	③ 42.3	④ 25.0
Helps relieve isolation	④ 31.1	① 48.9
Responding to needs that cannot be met by the municipality	⑤ 27.9	⑤ 24.6
An opportunity to discover local issues	⑥ 18.3	⑥ 22.4
Connect with people who have challenges of living	⑦ 23.7	⑦ 20.1
Eating habits are improved	⑧ 14.7	⑨ 17.2
Connect with people who are facing difficulties in life such as withdrawal	⑨ 13.5	⑩ 10.1
Reduce food waste	⑩ 12.2	⑪ 6.7
Even in old age, you can live in a familiar area	⑪ 10.3	③ 31.7
Economic inequality decreases	⑫ 3.5	⑫ 1.5