

Supporting Newcomer Seniors: Overcoming Food Challenges

Challenges



Multiple Stores



Using unfamiliar Ingredients & Tools



Large Portions



Reading Nutrition Labels



Mobility



Transportation



Language Barrier



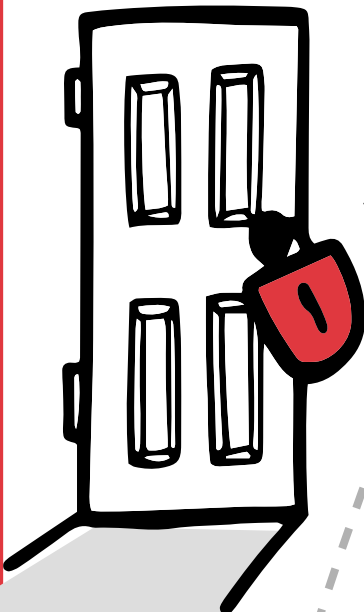
High Prices



Finding items



Solutions



How do I find support?

Reach out!



Research



Ask store staff questions



Where do I find support?



ESL Classes



Community Groups



Community Health Centres

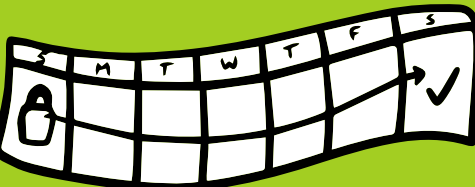
How do I make shopping easier?



Shop at stores close to where I live



Flyers for Sales

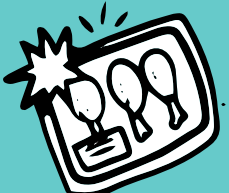


Buying week-by-week

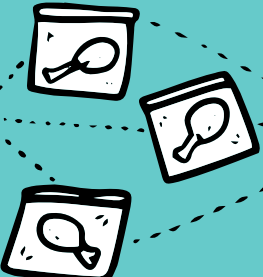
How do I know my food is safe?



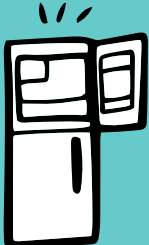
Build Trust in Canada Food System



Buy Fresh



Portion



Freeze