

AUG 18-21, 2025
TEAM GATHERING



ACB FOOD IN LTC NEWSLETTER

ACB Food in LTC: Co-designing roadmaps for promoting culturally relevant food in long-term care homes in partnership with community food programs to address modifiable risk factors for poor health in the African, Caribbean, and Black population in Canada

Aim: To promote food security and sovereignty in long-term care homes by working towards food sourcing, preparation, and delivery aligned with African, Caribbean and Black cultures as part of person-centered care.



KEY TAKEAWAYS

- Food is a passion shared by all of us. Being together in the same space was motivating.
- We are eager to learn from each other and we have so much to share.
- Insightful presentations by students were engaging and inspiring.



Sharing meals helps build meaningful relationships

A goal of this team gathering was to build connections among the research team and lay a strong foundation for working together. We did a lot of eating, much networking, and there were a lot of laughs. Researchers, students, advisors, and community partners became friends - sharing insights from their experiences, extending invitations to visit, and sharing photos and contact information. We are looking forward to the next time we are together!



Policy Analysis Findings by Rhoda Omache

We devoted the first portion of the meeting to sharing findings from the policy analysis conducted by doctoral student research assistant Rhoda Omache. The analysis was guided by the SHIFT framework (2021). The aim of the analysis is to look at policy documents to understand barriers and facilitators to modifying food services in LTC homes to be more culturally relevant for ACB residents.

Rhoda presented five key themes that came out of her analysis of 20 of the most relevant federal and provincial policy documents.

1. Cultural Responsiveness & Resident-Centred Care
2. Resident & Family Engagement
3. Quality Improvement, Accountability & Leadership
4. Workforce Capacity, Training & Collaboration
5. Funding, Resources & Operational Capacity

FOCUS GROUPS

We used this opportunity together to engage in focus group discussions to identify possible opportunities and barriers to changing food service delivery in long-term care (LTC). The key takeaways from these discussions are as follows:

1. There is a disconnect between the ideals laid out in policy documents and what happens on the ground in LTC homes.
2. Limited funding for food and staffing ratios are key barriers to changing existing food delivery systems and processes.
3. There is a disconnect between food delivery systems where food is sourced and prepared externally and then reheated versus food made in house with residents and with love.
4. There are roles for family and frontline care providers to be more involved in cultural food activities and programming since they know residents and their preferences best.
5. Both governments and LTC homes are operating in a colonial framework with current policies and processes based on oppressive practices and with power dynamics that reinforce existing inequities.

We also met to collaboratively plan the next phases of this project, which include field work to our community partner sites and relationship building with long-term care homes interested in incorporating more culturally relevant foods for their ACB residents.



NEXT STEPS

Sites visits to community food programs will take place during harvest season in Fall 2025 and 2026.

- Sinkunia, Edmonton (AB) — **September 2025**
- Afri-can Food Basket, Toronto (ON) — **October 2025**
- Others - **Fall 2026**

Other updates:

- Planning arts-based methods to use during site visits with Community Advisory Committee chair, Lori Chambers.
- Writing and publishing the policy analysis manuscript.
- Ongoing newsletters to share updates and milestones.



STUDENT PRESENTATIONS

On August 21st, Destiny Otoadese, Ayman Bulto, and Rhoda Omache shared knowledge with the team on various food related topics in their areas of study and work.

Destiny Otoadese

Destiny's study aimed to determine the prevalence of household and cultural food insecurity, and explore how collective community gardens address cultural food insecurity among Black African immigrants and connections to health and wellbeing. He observed a high prevalence of food insecurity with participants reporting deprivation of culturally appropriate foods while demonstrating resilience in maintaining cultural foodways.

Ayman Bulto

Ayman, a registered practical nurse in both pediatric and adult emergency departments, shared insights from his clinical practice in the healthcare system working with patients from ethnocultural communities and the importance of providing culturally relevant care.

Rhoda Omache

Rhoda's study explored how first- and second-generation African Canadian immigrants in Waterloo-Wellington Regions navigate food-related practices, access of cultural foods, and identity. Using the African Oral Traditional Storytelling Framework, her work aimed to highlight how structural and cultural factors that influence food practices and hopes to inform culturally responsive interventions.



Scan the QR code for more information about the ACB Food in LTC Project.