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Research on Food Aid in the Helsinki Metropolitan Area 2012

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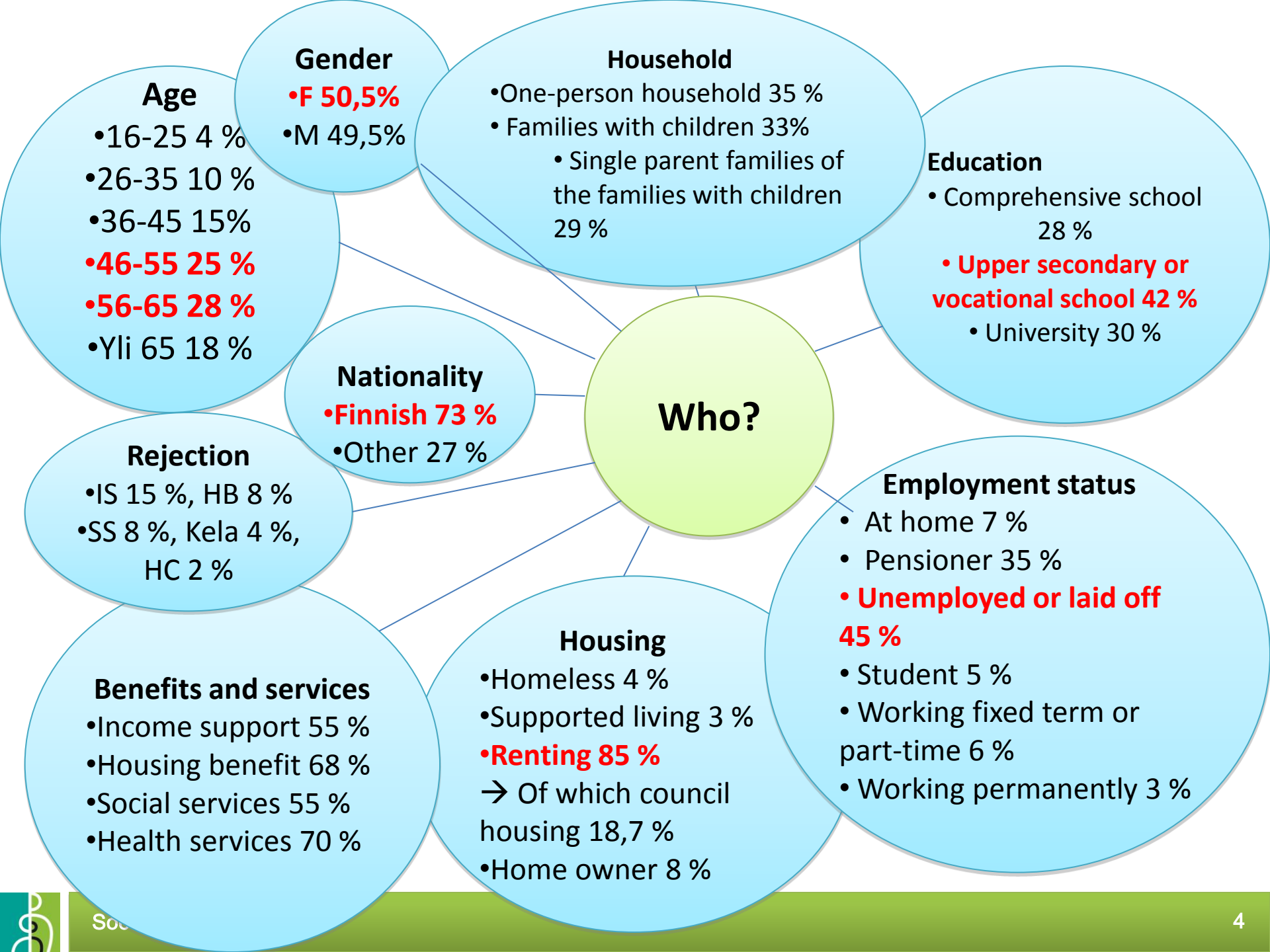
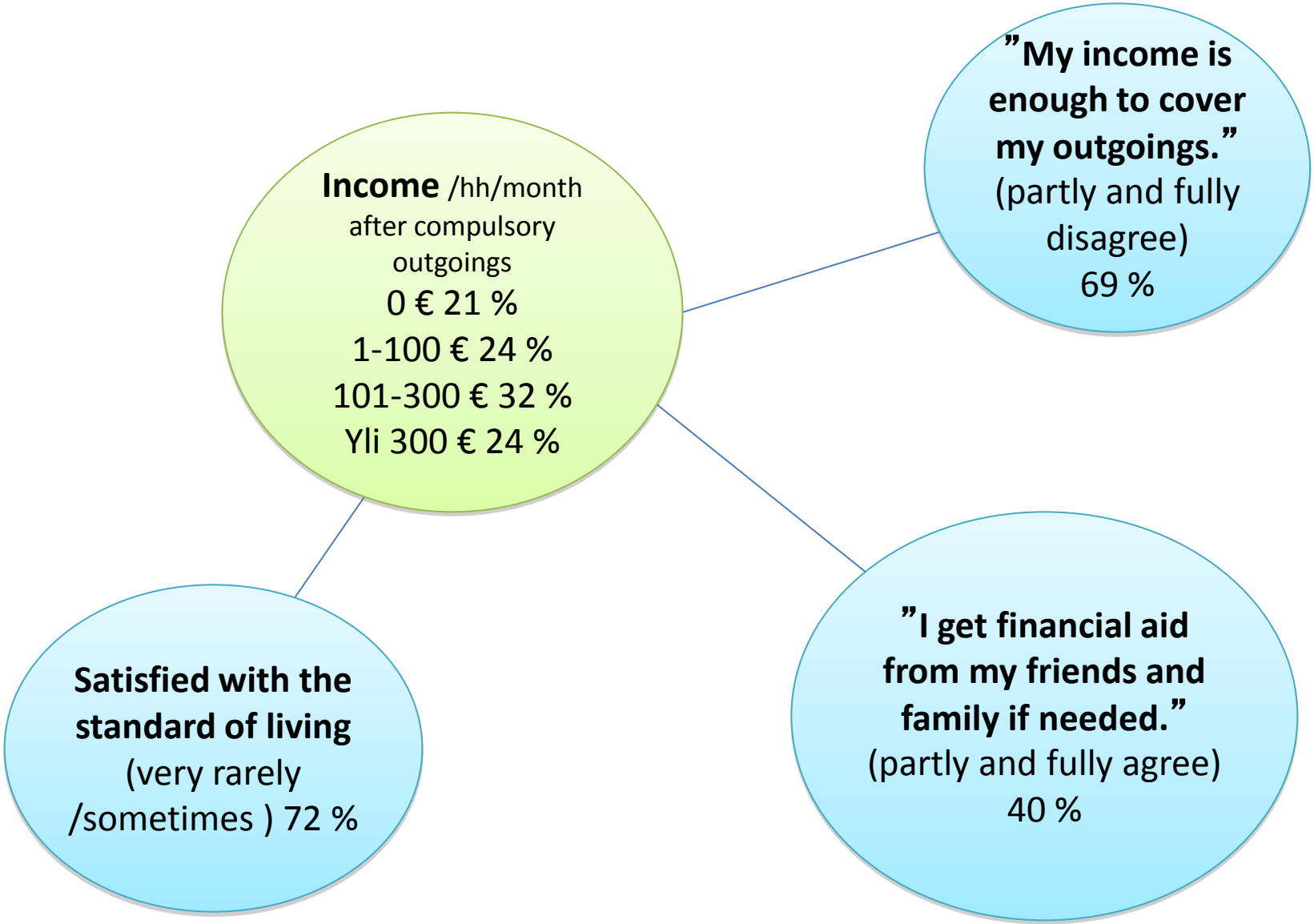
Background

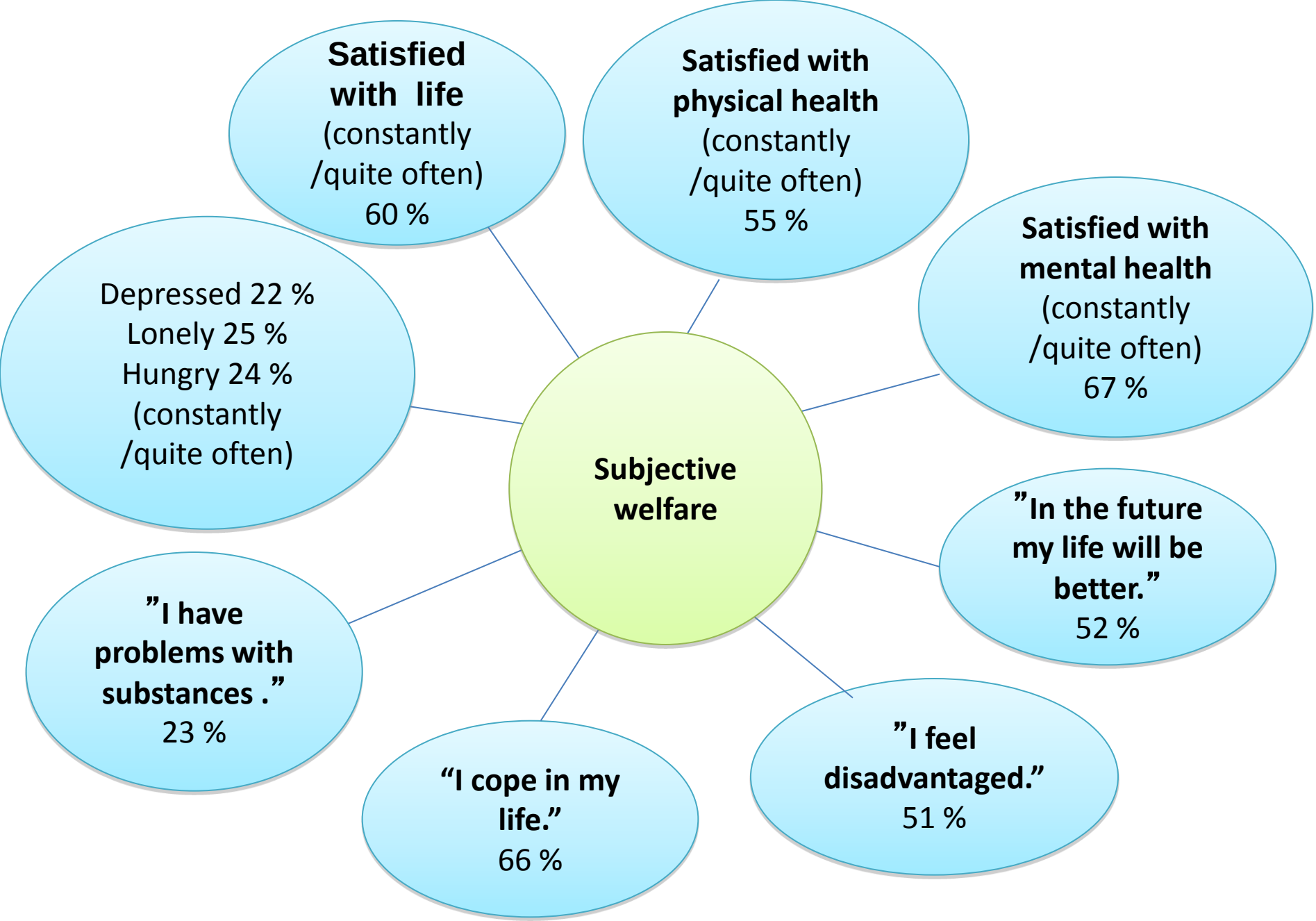
- No statistical data available on people who receive food aid
- Part of a national project (The University of Eastern Finland, Professor Juho Saari)
- Piloted in Kuopio
- N=905 in the metropolitan area
- Collected in May – August 2012 in Espoo, Helsinki and Vantaa
- Qualitative study of families with children who receive food aid

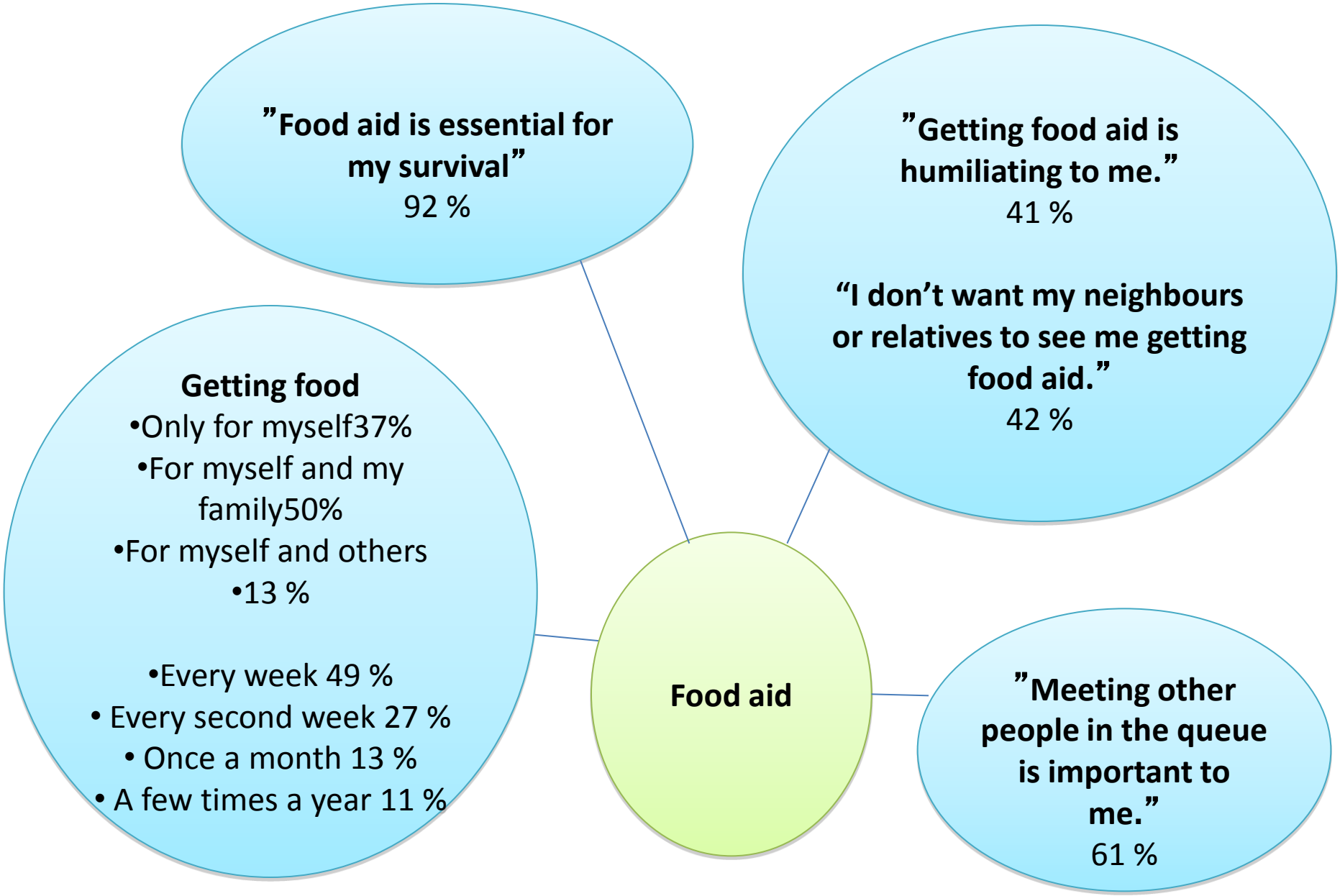
Aims & Themes

- To document:
  - who receives food aid
  - how they see their own welfare
  - what services and benefits they use and receive
  - attitudes towards other people and officials
  - the importance of the food aid in coping with everyday lives
- Subjective welfare and health, attitudes, income, the use of benefits & services and food bank


Who?
Gender
•F 50,5%
•M 49,5%
Household
•One-person household 35 %
• Families with children 33%
• Single parent families of the families with children 29 %
Age
•16-25 4 %
•26-35 10 %
•36-45 15%
•46-55 25 %
•56-65 28 %
•Yli 65 18 %
Education
• Comprehensive school 28 %
• Upper secondary or vocational school 42 %
• University 30 %
Nationality
•Finnish 73 %
•Other 27 %
Rejection
•IS 15 %, HB 8 %
•SS 8 %, Kela 4 %, HC 2 %
Employment status
• At home 7 %
• Pensioner 35 %
• Unemployed or laid off 45 %
• Student 5 %
• Working fixed term or part-time 6 %
• Working permanently 3 %
Benefits and services
•Income support 55 %
•Housing benefit 68 %
•Social services 55 %
•Health services 70 %
Housing
•Homeless 4 %
•Supported living 3 %
•Renting 85 %
→ Of which council housing 18,7 %
•Home owner 8 %


Income /hh/month after compulsory outgoings
0 € 21 %
1-100 € 24 %
101-300 € 32 %
Yli 300 € 24 %
”My income is enough to cover my outgoings.” (partly and fully disagree) 69 %
Satisfied with the standard of living (very rarely /sometimes) 72 %
”I get financial aid from my friends and family if needed.” (partly and fully agree) 40 %


Satisfied with life (constantly /quite often) 60 %
Satisfied with physical health (constantly /quite often) 55 %
Satisfied with mental health (constantly /quite often) 67 %
Depressed 22 %
Lonely 25 %
Hungry 24 %
(constantly /quite often)
Subjective welfare
”In the future my life will be better.” 52 %
”I have problems with substances .” 23 %
“I cope in my life.” 66 %
”I feel disadvantaged.” 51 %


”Food aid is essential for my survival”
92 %
”Getting food aid is humiliating to me.”
41 %
“I don’t want my neighbours or relatives to see me getting food aid.”
42 %
Getting food
•Only for myself37%
•For myself and my family50%
•For myself and others
•13 %
•Every week 49 %
• Every second week 27 %
• Once a month 13 %
• A few times a year 11 %
Food aid
”Meeting other people in the queue is important to me.”
61 %

Families with children: Case Vantaa

- 33 % of the quantitative data were families with children

- Seven focus groups interviews with seven families

Themes:

- Community
- Information
- Services
- Food Aid
- **Money**

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