



Older Adults Eating Well Together Participant Application Form

Nanaimo Foodshare has an exciting new peer-to-peer support program for older adults in Nanaimo *Older Adults Eating Well Together*. This program focuses on increasing older adults' food and nutrition security and decreasing social isolation. We are currently seeking participants who would benefit from the support of a peer mentor.

An ideal candidate for this program is someone who is 65+ years of age and who wishes to make changes towards healthy eating through the support of a peer. This could include people who are low income, living alone, have limited social support, lack transportation or mobility and/or health issues.

Applicant Information	
Name	
Phone number	
Email	

1. Name of person or organization who referred you to the peer-to-peer program

2. What interests you in applying for this program?

3. What areas related to food and healthy eating do you feel the most confident and have the most skills?

4. What areas related to food and healthy eating do you feel you could use support?

5. Please check items you would like to do with your peer mentor

- Discussing food, cooking, favorite recipes, gardening etc.
- Going for coffee or tea
- Computer - where to find nutrition information
- Learning about gardening
- Gardening together
- Sharing food together
- Preparing meals, cooking, baking together
- Learning new cooking techniques
- Support with shopping and making shopping lists
- Sharing recipes/getting new recipe ideas
- Goal setting related to healthy eating/nutrition
- Attending community events related to food
- Reading and discussing books about food together
- Watching movies about food and discussing together
- Discussing current events related to food
- Sharing your cultural foods
- Learning about others cultural foods
- Sharing food knowledge and skills
- Other _____
- Other _____
- Other _____

6. What time of day would be best for you to meet with your peer mentor?

- Morning
- Afternoon
- Evening

7. In what ways would you feel comfortable to meet your peer mentor?

- In person at home, socially distanced following COVID 19 protocols
- In person in the community (coffee shop, community garden, grocery store), socially distanced following COVID 19 protocols
- Over phone
- Online over zoom, skype etc.
- Over Facetime

8. What kind of work do you do now, or have you done in the past?

9. Is there anything we haven't asked you that you'd like us to know to help match you appropriately?

10. Is leaving your home a challenge for you? Do you have access to transportation?

**Thank-you for your application, we look forward to connecting with you.
Please contact Program Coordinator Alice Wyche if you have any further questions at
alice.wyche@nanaimofoodshare.ca or 778 744 3245**

*****Please drop off form or send to*****

**Attention: Alice
Nanaimo Foodshare
271 Pine Street
Nanaimo, BC
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