

PHASE 1 MAIN FINDINGS

Impact of COVID-19 on Food Insecurity

Change in the Classification of Food Security Status from 2019 to 2021

45.8% (n = 27) of the households registered **no change** to their food security status.

44.1% (n = 26) of the households registered **some form of improvement** in their food status by at least one category, for example, by moving from the severely food insecure category to the moderately food insecure category.

10.2% (n = 6) of the households registered **an exacerbation** in their food security status, shifting from the moderately food insecure to the severely food insecure category.

20.3% (n=12) out of the 59 of the households are now **food secure!**

Food Support

The percentage of food-insecure families who were receiving food support



However, **71%**

of food-insecure families remained devoid of any food support indicating that more needs to be done for these families.

The Hunger Report Part II: Targeting Specific Needs in the Wake of COVID-19, is the first intervention study of its kind in Singapore, delving into how the food situation of previously identified food-insecure households has changed during the COVID-19 pandemic. Through surveys, this report reveals the impact COVID-19 has had on a small sample of food-insecure families in Singapore. The authors also administer a Needs Toolkit to understand the unique needs and preferences of each food-insecure household. They then explore the impact of autonomy in food support through an intervention element in the study.

The Lien Centre of Social Innovation (<https://lcsi.smu.edu.sg/>) at the Singapore Management University is on a mission to drive social consciousness and enable partnership-driven innovation, because when socially conscious people work together, a vibrant, just and inclusive society becomes possible. Established in 2006, the Centre seeks to be a thought leader and catalyst for positive social change in Singapore, Asia and beyond. Offering thought leadership, translational research, and capacity-building programmes, it amplifies impact by giving voice, empowering and enabling socially conscious individuals and organisations to learn, ideate and collaborate.

Facts and figures presented in this pamphlet are a summary of the full report. Visit <https://lcsi.smu.edu.sg/research/the-hunger-report-2> or scan the QR code to download the report.



LIEN Centre for Social Innovation



THE HUNGER REPORT PART II

Targeting Specific Needs in the Wake of COVID-19

Lien Centre for Social Innovation

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The Food Bank Singapore
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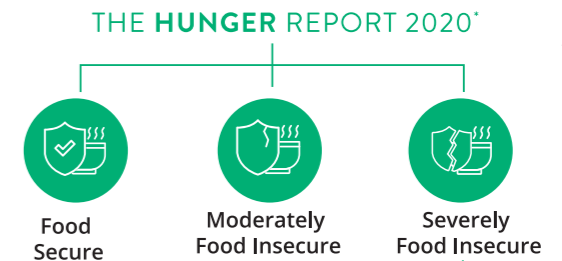
Background

This study was conducted in two phases with **the following objectives:**
Phase 1: What is the impact of the COVID-19 pandemic on food insecurity in Singapore?
Phase 2: How can the unique needs of food-insecure families be met?

PHASE 1 METHODOLOGY

Impact of COVID-19 on Food Insecurity

Sampling of Participants



The current study sample was a **subset of the food insecure participants** derived from the parent sample of **The Hunger Report 2020**, which was a nationally representative study.

A total of 145 households that were identified as food insecure in The Hunger Report 2020 were contacted.



40.7% of the 145 food-insecure households participated in the current study.

Survey Instrument

To ascertain the impact of the pandemic on food-insecure households, the same survey instruments used in The Hunger Report 2020 were utilised for this study to ascertain changes.

1 Household Food Security Survey Module (HFSSM)
To determine current food security status of participating food-insecure households

2 Kessler Psychological Distress Scale
To determine changes in psychological well-being

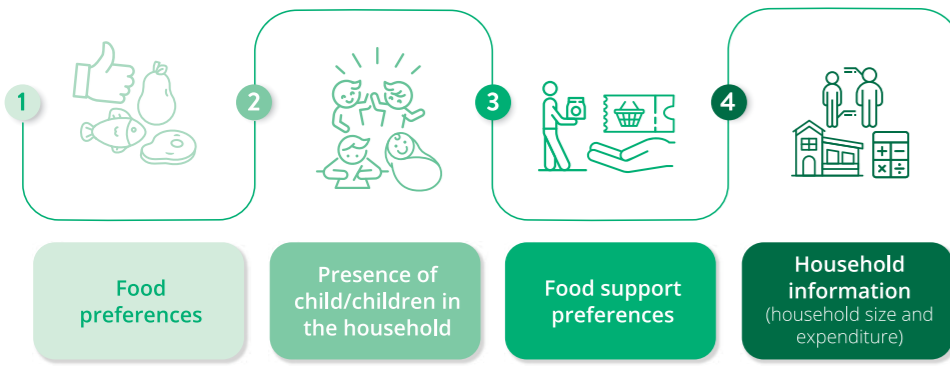
*Nagpaul, T., Sidhu, D., Chen, J. (2020). *The hunger report: An in-depth look at food insecurity in Singapore*. Lien Centre for Social Innovation: Research, 1-27. [https://ink.library.smu.edu.sg/lieni_reports/15].

PHASE 2 METHODOLOGY

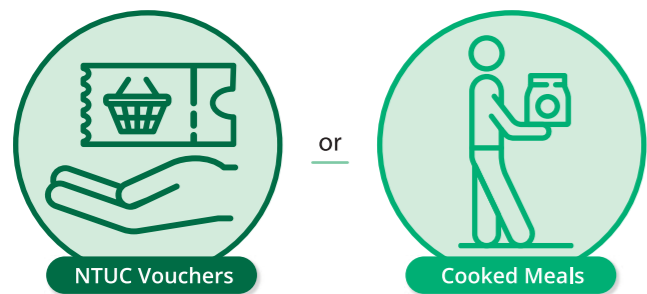
Meeting The Unique Needs of Food Insecure Families

1 Needs Toolkit

The Needs Toolkit assessed the following in order to plan for the appropriate type and amount of food support to be provided to each household:



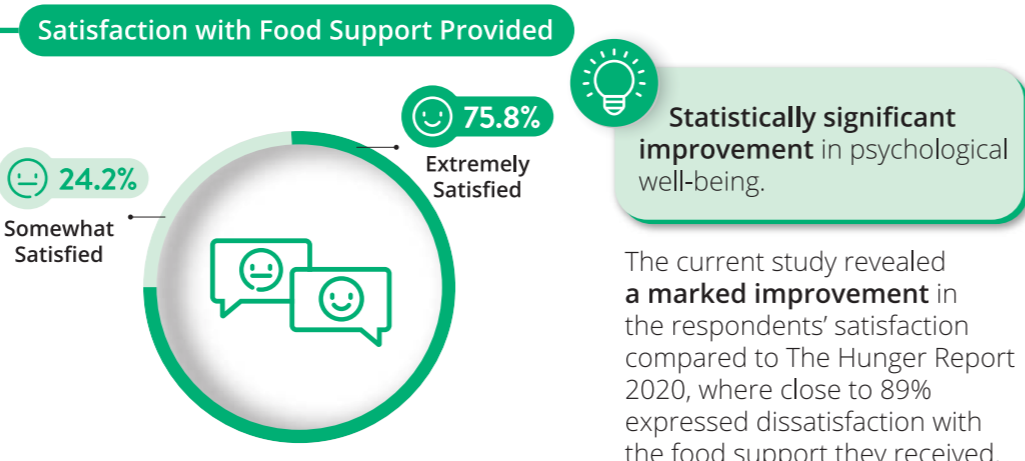
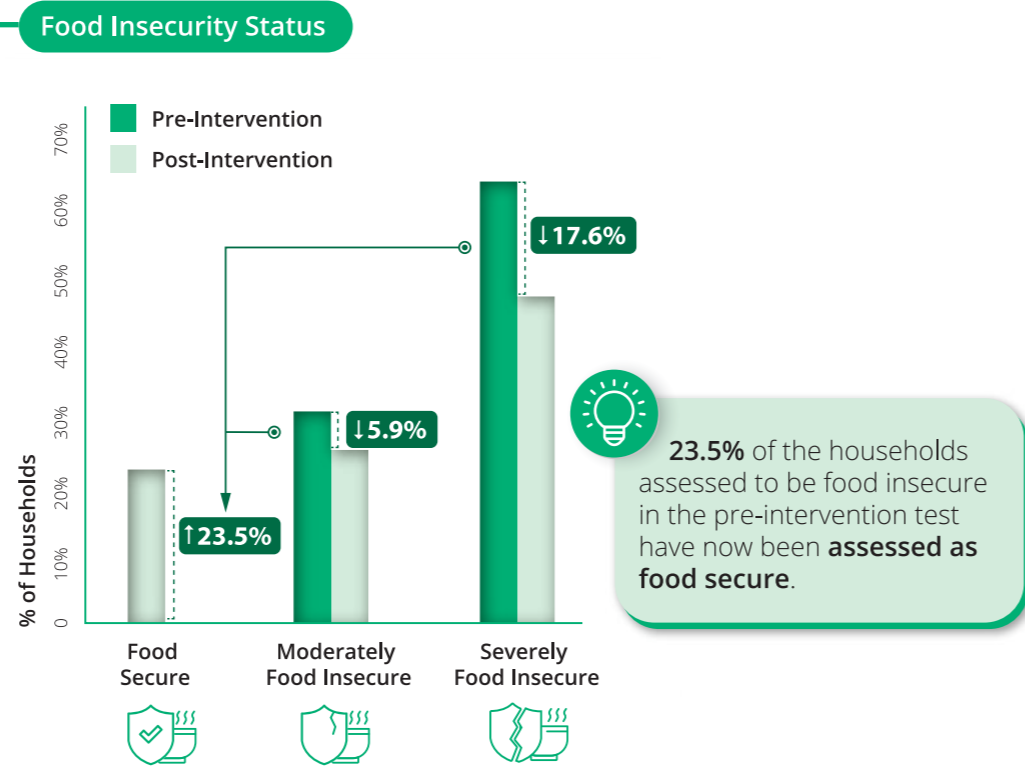
2 Intervention Action: Specific Food Support Provided



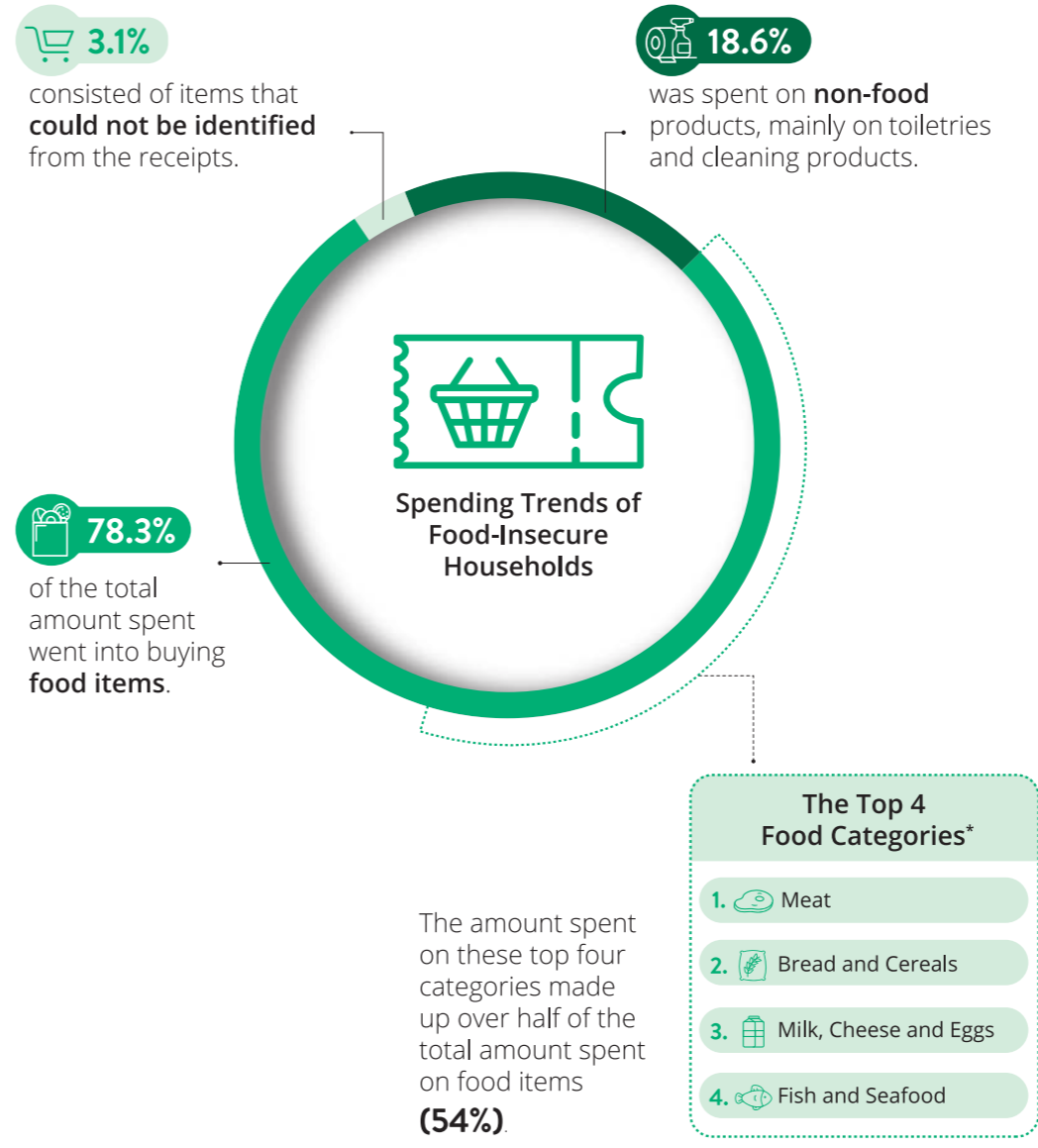
Based on the responses to the needs toolkit, food support (NTUC vouchers or cooked meals) were provided to the households for two months.

PHASE 2 MAIN FINDINGS

Impact of the Intervention



SPENDING TRENDS OF THE DISBURSED NTUC VOUCHERS



*The top four food categories are in line with the groceries expenditure of an average Singaporean, when compared to the Household Expenditure Survey (HES) 2017/2018.

RECOMMENDATIONS

Need for Autonomy in Singapore's Food Support Model

This study highlighted how autonomy in food support empowers food-insecure families to resolve their food needs according to their household's specific needs and preferences through the provision of supermarket vouchers.



In addition, it also imbued these households with a sense of dignity and ownership.

Thus, food support should be more flexible and autonomous. Besides supermarket vouchers, another option is a stored-value card system where beneficiaries can use the card to buy food items from supermarkets, coffee shops, and food courts.

Partnerships in the Food Support Ecosystem

An analysis of the receipts from households that chose the supermarket vouchers showed that 18.6% of the expenses was on non-food items such as toiletries and cleaning supplies. Other beneficiaries of food support have expressed a similar need for such items which can be expensive.

To meet this need, a possibility is to explore partnerships between charities and the private/public organisations. Such collaborations will allow different organisations to pool their resources and provide a more holistic and targeted support for beneficiaries across Singapore.

