



Summary of results on barriers and facilitators to healthy food



The Know How to Take Care + project aims to design more equitable and inclusive services for sports and physical activity (SPA) and access to healthy eating. Research has been carried out to identify barriers and facilitators to these services. The results will be used to plan services that are better adapted to the needs of the population.

The results presented in this document are based on the testimonies of 24 people from the 2SLGBTQ+ communities who participated in the research activities of the Know How to Take Care + project. For these people, a healthy diet is a diversified, plant-based diet focused on pleasure and a relationship with body, mind, and nature. The project provided an opportunity for participants to identify barriers and facilitators to their access to healthy foods. They also proposed solutions to address the identified issues.

"You have to prove you're poor. You have to justify it. This burden, you know, it prevents you from like getting out of your situation."

Participant from the non-mixed group

"In the facilitators I would also put cooking for several people, since otherwise I was eating bread and cheese [alone]."

Participant from the women + group

Barriers

Food prices and inflation were identified as a major obstacles for the people we met, as well as their physical and mental health, and the fact that some of them are isolated which had a negative impact on their ability to incorporate a healthy diet.

Accessibility criteria, lack of inclusiveness, and the **stigma** surrounding the use of food services (food banks, collective gardens, kitchens, etc.) added an extra burden for people from 2SLGBTQ+ communities in accessing healthy food.

Facilitating factors

Collaboration and exchange with others in the food purchasing and preparation process facilitates the practical aspects of eating, the desire to cook and eat, and the exchange of know-how.

The various **tools and platforms** for finding discounts and alternatives (for example, dumpster diving) and access to various **food services** (the Carte proximité program, free meals, and collective kitchens) are helpful for people belonging to 2SLGBTQ+ communities.

Possible solutions

The people we met proposed several solutions to facilitate access to food services for people belonging to the 2SLGBTQ+ communities:

- 1 Reducing** bureaucracy (the number of documents required to access food services) and stigmatization by universalizing access to food services.
- 2 Promoting** food know-how in a way that is inclusive of 2SLGBTQ+ communities, notably by creating queer-friendly spaces.
- 3 Increasing** awareness of food aid services and the Carte proximité.

