



Task 3: Foodfit for Older Adults (2026 - 2028) Expression of interest

In an effort to make the application process more accessible and place less emphasis on the written word, we enthusiastically welcome oral applications (question 18)! Here are some guidelines for applying with an audio file:

- To support us in being able to evaluate both written and oral applications in a more equitable way, please answer the questions one at a time, first reading the question number and then offering your answer.
- Please record your answers in a quiet room indoors. To ensure better sound quality we recommend choosing a room that does not have much echo.
- To apply, simply upload a .wav or .mp3 audio file.
- If you require support navigating recording technology, we encourage you to reach out to foodfit@righttofood.ca.
- Both written and oral applications will be weighted equally, so please do not feel pressure to pick one over the other. Choose what you are comfortable with.
- Please - offer feedback on what it was like. We would like to learn from your experience.

We look forward to hearing from you! :)

1. Based on what you read about FoodFit in the introduction of this application (including the High Level Overview of the program), how do you see this program fitting within your local context, particularly in relation to FoodFitâ€™s priorities and its potential to support the:

- **well-being,**
- **social connection,**
- **and leadership or volunteer engagement**

of older adults in your community?

2. What specific challenges or barriers do older adults currently face in your community regarding social isolation, food access and well-being?

3. What experience does your organization have in implementing programs to address these challenges or barriers with older adults?

4. All communities have different contexts. Tell us about the culture(s) of the older adults in your community. What are some ways that your organization works to ensure programming is a good fit for the communities you work with?

5. In addition to the priorities of the FoodFit program, this grant seeks to strengthen social connection, enhance well-being, and promote leadership and volunteerism among older adults. Please describe how your organization's work contributes to these goals.

6. Considering the older adults your organization serves or anticipates serving with this funding, what percentage self-identify as Indigenous and/or Black? (Estimates are fine.) Recognizing the disproportionate impact of food insecurity on Indigenous and Black communities, we are seeking insights into how our partners are supporting the unique challenges faced by older adults in these communities.

Does your organization dedicate at least 50% of its food programming to Indigenous and/or Black community members?

- ☐ Yes
- ☐ No

7. Has your organization previously offered FoodFit programming? (Please note: this is not a requirement for eligibility)

If yes, when did you offer the programming?

What can you share about your experience running the program?

8. Tell us about the staff person who will be facilitating FoodFit at your organization. Does this staff person currently have a role in your organization, if so, how do you anticipate coordinating Foodfit will work with their existing role? What are they interested in learning, and what can we learn from them? If you plan to hire new staff, please indicate what kind of skills you will be looking for, and how many hours per week you will be recruiting them for to support this work.

9. This round of Foodfit funding provides access to a Community of Practice, with knowledge exchange activities to deepen connections, share experiences, swap knowledge, and dive deeper into various FoodFit related topics with fellow facilitators, anchor-site coaches, and the FoodFit Program Manager, as well as an Older Adults and Seniors Programming consultant, over the course of program delivery. These opportunities are mandatory, and we will work with grantees to develop a schedule that is best suited to the needs of this cohort. Would the staff supporting Foodfit have time available to contribute in Community of Practice activities?

- ☐ Yes
- ☐ No

10. What is your organization as a whole excited to learn and share by accessing FoodFit™s training content?

11. Tell us about the other older-adult focused food-based programming you offer and how FoodFit would fit within your program offerings.

12. This funding will be available for programming offered between April 2026 and April 2028. The Foodfit program includes a 12 week curriculum. We are looking for applicants who can commit to running multiple Foodfit cycles throughout the two year granting period.

Can you please describe your anticipated timelines, and how many cycles of the 12 week program you envision running? Please outline below when you anticipate offering the program, including estimated start and end dates for each cohort, and estimated number of participants across each of the cohorts.

Example - **Cohort:** Cohort 1, **Start Date:** Monday April 20, 2026, **End Date:** Monday July 6, 2026, **Anticipated Number of Participants:** 15

Cohort Start Date End Date Anticipated Number of Participants

Cohort Start Date End Date Anticipated Number of Participants

Program Evaluation and Adaptation

13. Right To Food is committed to ongoing refinement of our shifts to FoodFit, and one way we would like to do this is by engaging in evaluation of the program experience for organizations and facilitators.

We plan to do this in three ways:

- a. informal check-ins throughout the program during coaching/mentoring sessions,**
- b. a formal one on one conversation with the facilitator,**
- c. and focus groups once partners have delivered the full program.**

What practices would you put into place in order to ensure that your organization has the capacity to engage in these different evaluation processes?

14. A central component to the funding opportunity is participating in collecting participant evaluation throughout each of the cohorts of Foodfit programming, reporting out on numbers of participants, program impacts as reported by

program participants, and overall program feedback and insights. Each grantee will be provided with tracking and evaluation tools.

Can you confirm your organization's commitment to being trained on the Foodfit evaluation approach, and your ability to complete this component of the deliverables?

- ☐ Yes
- ☐ No

15. Is there anything unique about your community, or evaluation processes, that would be helpful for us to understand, especially as it relates to capturing participant feedback from the older adult communities you would be seeking to recruit to your programs?

16. Do you have plans to partner or collaborate with other organizations to deliver FoodFit? If yes, tell us a bit more about your partners.

Note: This will not affect our selection process.

17. There will be other opportunities to engage with FoodFit program content and training. If you are not chosen as a grantee would you be interested in accessing these opportunities?

- ☐ Yes
- ☐ No

Alternative/Audio Application

18. If you would like to send an audio. Please provide your response to the questions by uploading a file in either .mp3 or .wav format.

Budget Breakdown

We kindly request a budget table to gain insight into your intended expenditure. Please note that this table serves as a guide to help us better understand where organizations intend to spend the grant. If how you spend the grant money on the program changes, that's okay! We only ask that you reflect back how you changed that spending in your reporting, so that we can learn more about the needs of our partners.

19. Please briefly provide an overview on how you anticipate spending the grant.

- **We request that only 10% of funds be spent towards administrative costs.**
- **The grant can be used towards anything that you anticipate as a program cost consideration for FoodFit - food, exercise equipment, space, honoraria for guest facilitators, etc.**

Budget Item	Total Anticipated Cost (\$)	Brief Description
Personnel Time (honoraria, fee for service, etc)		
Administration (up to 10%)		
Other, please specify		
Other, please specify		
Other, please specify		
Other, please specify		

Thank you for your application.

Once you have completed your application please make sure you select "Mark as complete**" and then "**Submit**"**

If you have any questions or concerns please email grants@righttofood.ca

We will aim to get back to you regarding the outcome 4 weeks after the deadline. We may be in touch with follow up questions within this time.

Please note that our offices will be closed from December 25, 2025, to January 1, 2026, and we will not be available for follow-up questions during this period. For all technical issues, please reach out to SurveyMonkey Contact Support Team.