

The More Than Just Soup Initiative: COVID-19 Relief for Underserved Families

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Introduction

The Ottawa Vanier Social Pediatric Hub aims to empower children and youth living in an underserved neighborhood to achieve their full potential and promote their human rights. From March to August 2020, a team of medical students created the More Than Just Soup (MTJS) initiative to respond to health and social needs of families impacted by the COVID-19 pandemic. Weekly home doorsteps visits offered food, support and resources to the community.



Methodology

During the last visit, medical students informally invited each family (n=45) to complete an optional brief survey about the program. The qualitative survey covered strengths and areas of improvement in the event of program continuity.

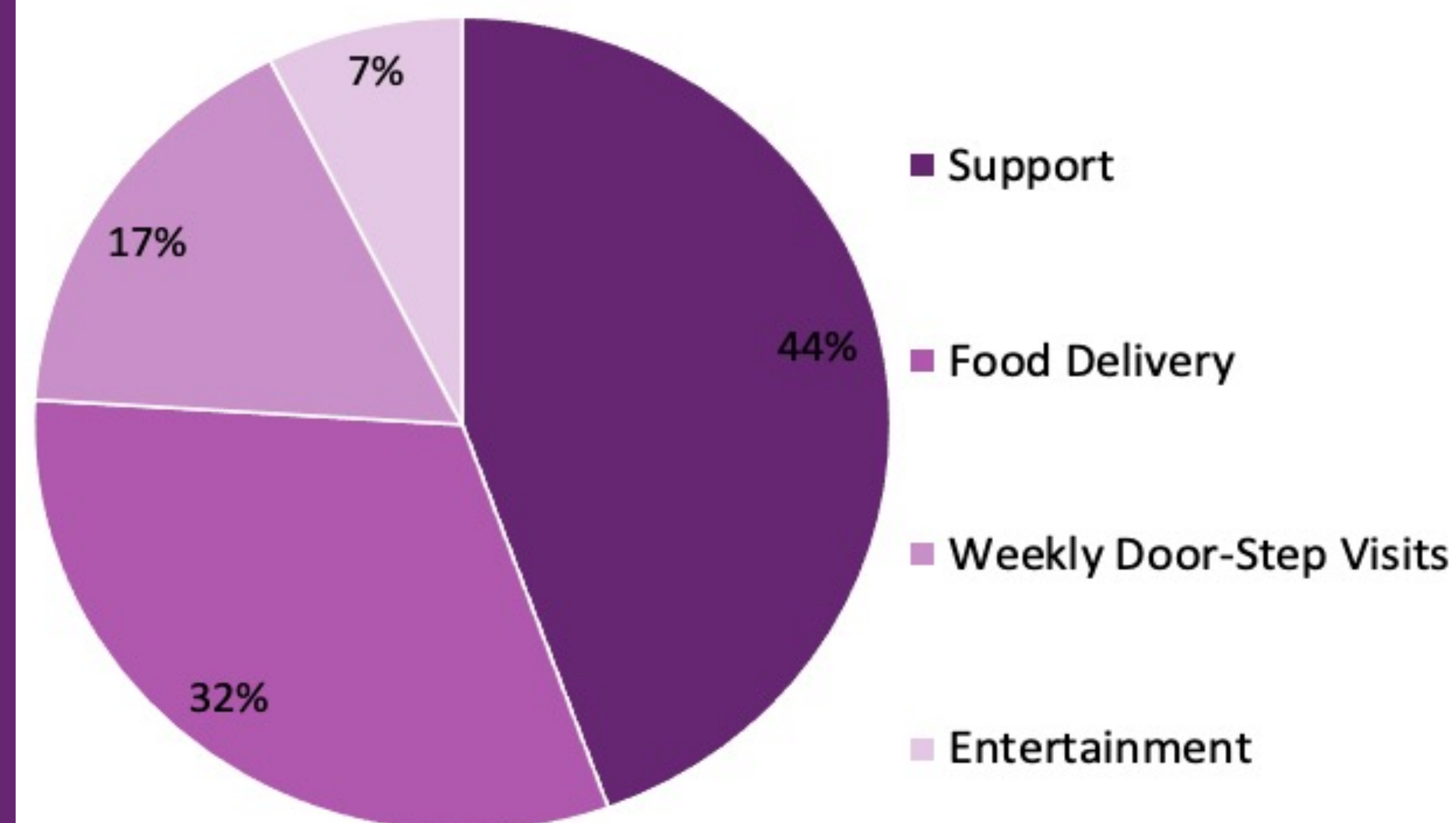
Objectives

- 1 Provide home visits to already identified high needs families living in vulnerable circumstances during COVID-19.
- 2 Improve the MTJS program based on feedback received by the families.

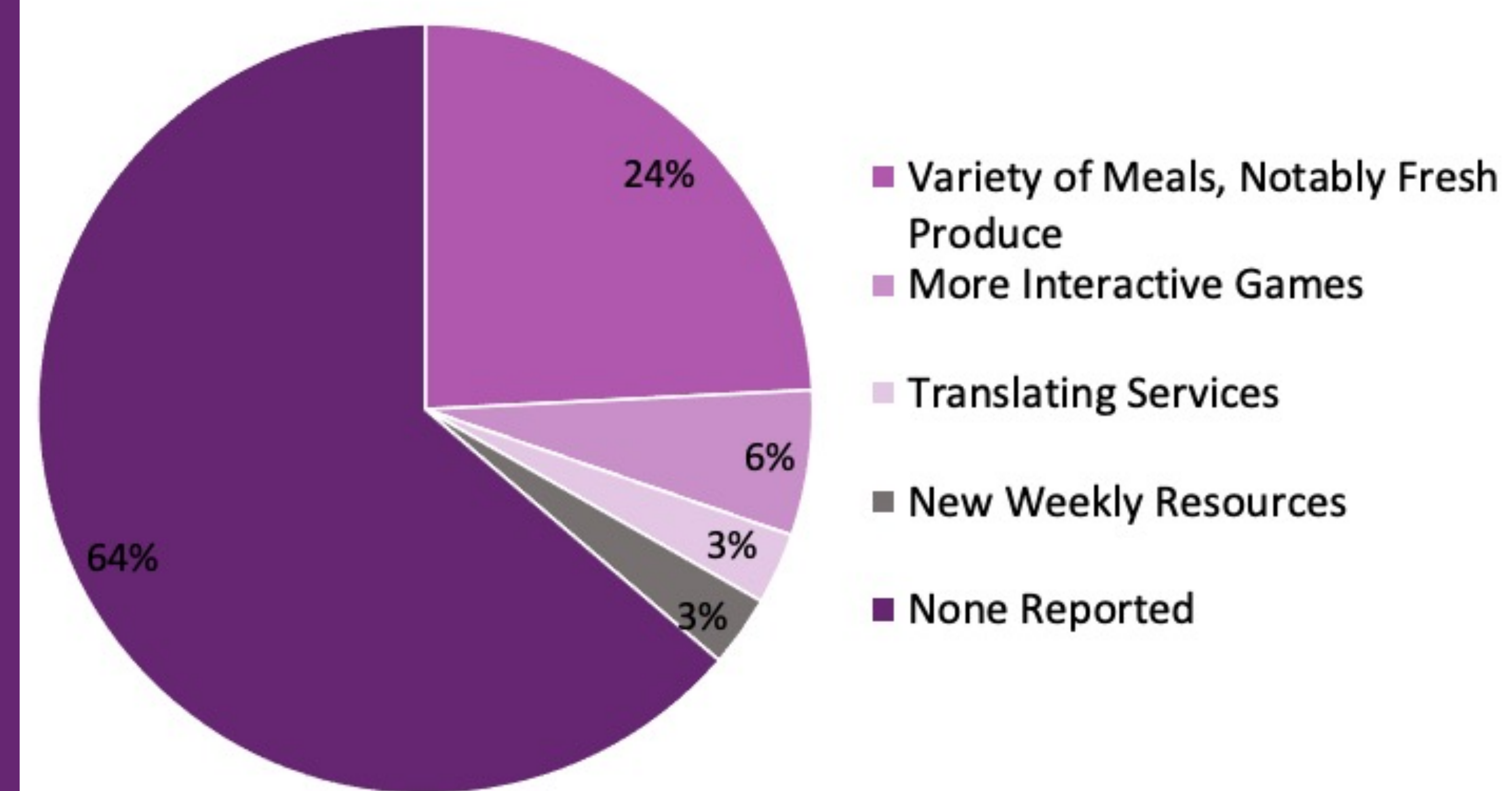
Results

In total, 33/45 (73.3%) responded to the survey.

MTJS Program: Strengths



MTJS Program: Areas of Improvement



Family testimonies

“We are very grateful for the wonderful services offered by the medical students and the Hub”

“We really appreciated the program this summer and all its wonderful resources”

“A big thank you to the Vanier Social Pediatric Hub”

“Your support through this pandemic is much appreciated”

“Your weekly visits made a positive difference for my family”



Global Health Implications

After the completion of MTJS initiative, families are continuing to report food needs as a primary stressor as well as other needs related to the pandemic and its restrictions.

Next Steps

The Hub has therefore decided to continue the MTJS initiative to meet the ongoing needs of the children, youth and families. Each family will now receive produce gift cards in addition to fresh fruit and vegetables. Medical students will continue to link families with community health, social, education and other resources.

Acknowledgements

We recognize and much appreciate the involvement of the children, youth and families throughout the MTJS program. A big thank you to the MTJS Team 1, Team 2 and the Vanier Social Pediatric Hub. This initiative would not have been possible without you all!

