

A23 Food security status and its coping strategies among households who received The Lost Food Project (TLFP) products in selected low-cost public housing area in Klang Valley

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The Lost Food Project (TLFP) is a non-profit organization who continuously working on their strategic plan in combating the food insecurity problem by distributing food surplus to low income households within Klang Valley. The objective of this study is to determine the associations with food security status and its coping strategies among households who received TLFP products in selected low-cost public housing areas in Klang Valley. A convenience sampling was carried out for this cross-sectional study and it involved a total of 88 participants. A set of questionnaires was prepared, and the participants were interviewed either by phone, face-to-face or self-administered questionnaire. An independent sample *t*-test was used to compare the means of coping strategies score between food secure and food insecure households. Meanwhile, chi-square was used to determine the association between socioeconomic background, nutrition knowledge and food security status of households who received TLFP products. The prevalence of food insecurity among households in this study was 59.1%, and most of the participants have moderate (37.5%) and good (27.5%) nutrition knowledge. The majority of the participants were satisfied, felt that TLFP products were useful and significant towards their households; with 72.7%, 88.7% and 86.4%, respectively. The mean Malaysian Coping Strategies Index (MCSI) score was 20.40±19.82, with the most applied coping strategies were 'using less expensive food', 'allocating money to buy staple and less preferred food' and 'reducing the number of meals eaten in a day. Food insecure households with the mean MCSI score of 26.95±22.13 tend to adopt more coping strategies to mitigate the food insecurity problem compared to those food secure households with the mean score of 11.29±11.06. Moreover, the study also showed that households who rent their house ($\chi^2=7.593$, $p=0.006$), low household income ($\chi^2=4.910$, $p=0.027$) and high monthly food and drinks expenditure ($\chi^2=9.208$, $p=0.011$) were associated with the food security status among TLFP recipients. The study concluded that lower household income, higher food and drinks expenditure and those who rent the house have negative impacts on household's food security status. Thus, the situation forced them to applied more food-related coping strategies, in which could give impact towards their diet quality. Further research should be conducted on the effectiveness of TLFP in helping them to improve Malaysian's food security status.