

# Aoba Foodbank Press

Below is a report from the field.

We went to an in-home care support office "KK Katakuri Tsurukawa" to appeal the activities of the "Aoba-ku Food Bank" to care managers and care workers, and also to hear about the current situation in the field of nursing care for the elderly. Since the beginning of this year, the elderly people's lives have been squeezed by repeated price hikes for goods and services. He says that the "no wasteful spending and cutting back moderately" approach he had adopted up until last year was not enough to cover his expenses, so he is now living frugally, holding back on necessary items and cutting back on expenses as much as possible. Ideas for saving money are 1 • Utilities, do not turn on the air conditioner, use a fan or electric fan, and even if one or two light bulbs are out, they cannot be replaced. 2 • Clothing costs are zero yen, and some elderly people use winter blankets as quilts, even if their underwear is worn out or their socks have holes in them. I'm worried about winter. 3 • Cutting down on food expenses, Mr. S., male, 90 years old, had ordered a boxed lunch, but he has changed from three meals a day to two, leaving half of his dinner for breakfast the next day. On the days he goes to the day service, he takes lunch at the day service, so his bento is one meal a day "dinner and breakfast". The elderly are angry.

Retired elderly people do not get a base salary increase or raise, and we would like them to at least eat three meals a day.



## ~September Distribution Results~

9/6 Yumemido  
9/4 • 9/6 • 9/8 Children's Cafeteria  
9/11 Kamoshida Community Care Plaza  
9/11 • 9/13 • 9/15 Children's Cafeteria  
9/18 Kamoshida Danchi Community Hall  
9/20 Yumemido

## ~October Schedule~

10/2 • 10/4 • 10/6 Children's Cafeteria  
10/9 Kamoshida Community Care Plaza  
10/11 Yumemido  
10/16 Kamoshida Danchi Community Hall  
10/18 Yumemido  
10/23 • 10/25 • 10/27 Children's Cafeteria