Research has found just over 10% of over 65’s are often or always lonely with that figure rising to 50% for the over 80 age group. Similarly, research has also found that just over 10% of over 65’s are at risk of or are malnourished (for the purposes of the research this means a Body Mass Index <18.5). This is not mere coincidence that the same number of older people are affected by malnutrition and loneliness. In our experience the two are interlinked, which also means they can be successfully tackled together. Food and eating are hugely social activities and in our 20 years of experience at Food Train we see the tremendous improvements in older people when they are supported with food access. The eat more, eat better, find motivation in food again and enjoyment. When you add in additional socialising support (befriending) the opportunities for improving food intake increases even more. 1-1 befriending can encompass lunches out/shared dinner/snacks etc and group befriending encompasses social eating. The feedback from our older members using our services is that they eat more than they would have previously, enjoy food more than they did previously and are feeling better physical and mentally as a result. As the impacts of malnutrition and loneliness create large scale costs to health and social care services there is an opportunity for the Scottish Government to work directly with the 3rd sector to provide large scale solutions to these interlinked issues.