



Successful Synergies



Future of Food Archived Webinars



Archived Recordings for Public Viewing:

- Hungry and Overweight: How is it Possible?
- Contributors and Effects of Food Insecurity: Nutrition and Beyond
- School Meals and Community Partnerships: Creative Solutions against Food Insecurity
- Point A to Point B: Improving Access to Healthy Foods in Food Banks
- A Flavorful Pairing: Nutrition Education in Food Banks
- Ready, Set, Go: Preparing and Delivering Effective Nutrition Education for Audiences Facing Food Insecurity
- Making an Impact with Food Insecure Populations

www.eatright.org/foundation/kidseatright

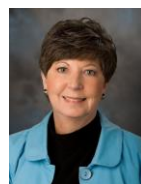


Learning Objectives



1. Name at least three examples of communities that, through local partnerships, have helped to improve access to healthy food.
2. Identify at least one strategy to form successful community partnerships.
3. Describe how health care partnerships can be important collaborators in the fight against hunger.

A Message from the Academy Foundation:



Elise Smith, MA, RDN, LD

House of Delegates Speaker-elect

Academy of Nutrition and Dietetics Foundation
Board of Directors

"Access to Quality Nutrition for All Families All the Time" should be the normal expectation and not a goal to reach. The 2013 House of Delegates Mega Issue on Food and Nutrition Security opened my eyes to this crisis. I call the Mississippi Delta home and there, like many areas, you will find overweight yet under nourished children and adults who eat from fast food restaurants or gas stations. Across this country families are dependent on a limited food supply because of the lack of funds and accessibility to healthy foods. Academy members must and can make a difference. We are over 76,000 strong and by using our knowledge, skills and passion we can stop hunger and promote the adoption of healthy life styles. Thank you for supporting the Academy and the Academy Foundation with your participation in this Future of Food Project webinar."

Today's Speakers



Christine Rivera, RD
Nutrition Manager
Feeding America



Kelly Brasseur, MS, RD, LDN
Vice President, Nutrition
Northern Illinois Food Bank



Feeding America



- Feeding America is the nation's leading domestic hunger-relief charity.
- Our mission is to feed America's hungry through a nationwide network of member food banks and engage our country in the fight to end hunger.



Feeding America



We will realize our vision by...



FEEDING THOSE EXPERIENCING FOOD INSECURITY



STRENGTHENING THE SYSTEM THAT NOURISHES OUR NATION



LEADING THE NATION IN THE FIGHT AGAINST HUNGER

Future of Food Partnership



National "successful synergy" example:

- Feeding America
- Academy of Nutrition and Dietetics Foundation
- National Dairy Council

Outcomes from Future of Food Partnership:

- www.healthyfoodbankhub.org
- Vetting system for handouts and recipes
- Series of 8 total webinars related to food insecurity and nutrition
- Dietetic Internship Food Insecurity/Food Banking Concentration (coming soon!)
- Hunger in Our Community toolkit and mini-grants
- Nutrition grants for food banks

Feeding America's Partnerships^{1,2}



National Dairy Council

- Identified a need
- Addressed challenges
- Conducted dairy case studies
- Identified local level strategies

Feeding America's Partnerships



Three dairy models:

- Milk Drives
- Purchasing
- Donations



Feeding America's Partnerships



National Produce Program- partnerships with growers and industry experts

- The Feeding America National Produce Program delivers an average of over 2 million pounds of fresh produce each week
- The Feeding America network of food banks distributes on average over 8 million pounds of fresh produce weekly.



Feeding America's Nutrition Grant³



•Part of the Future of Food Partnership.

•\$100,000 to support nutrition grants in Feeding America's network of food banks—the first ever nutrition grants available to the food banks.

•Ten food banks each received \$10,000.

•Grants supported "the expansion and/or enhancement of existing nutrition initiatives which include both access to 'foods to encourage' (F2E) and nutrition education components."

Feeding America's Nutrition Grant



- 2.8 million pounds of "Foods To Encourage" distributed
- 5,742 cooking demos or nutrition lessons were given to 8,873 people



Feeding America



Nutrition Grant Examples



Nutrition Caravan Project



Mobile food distribution truck (with local produce)
+
Mobile food truck (with local chefs)
=
Food Access and Education!



Food Distribution at a School



Food Bank
+
Elementary School
=
Food
and Nutrition Education
for Families



Farmers Market Style Distribution



Food Bank
+
Housing Authority & Cooperative Extension
=
Mobile Markets



Partnership Strategies



- Reach out to your local Feeding America food bank
- Survey who is already "expert" in the field to find potential collaborations
- Utilize current community needs assessments
- Participate in local coalitions (health and general community coalitions)
- Consider "unusual partners"

Potential Partners for Food Banks



Local Partnerships are Key^{3,4}



- Local, state, national organization partners
 - Cooperative Extension
 - Share Our Strength's Cooking Matters
 - Health Departments
 - Academic Institutions
- How can they help?
 - Program evaluations
 - Nutrition classes
 - Health screenings



Food Bank Facts



Northern Illinois Food Bank serves the following 13 counties: Boone, DuPage, DeKalb, Grundy, Kane, Kankakee, Kendall, Lake, McHenry, Ogle, Stephenson, Will and Winnebago.

Distribution Totals:

50 million pounds of food distributed, the equivalent of 42 million meals.

Financial Support:

97% of resources go to programs that feed our hungry neighbors.

Food Bank Facts



Network Partners:

882 partner feeding programs
Soup kitchens, food pantries, shelters, child feeding programs

Sources of Food:

76% Donated
13% Purchased
11% Government



Community Partnerships



- Northern Illinois University
- Illinois Benedictine
- Rosalind Franklin University of Medicine and Science
- National Dairy Council
- Midwest Dairy Council
- Prairie Farms Dairy



Increasing Dairy Access



Dairy Partner

- Direct distribution from the dairy (Prairie Farms) to the pantry cooler in 48 hours.
- Ensures delivery of a quality product to our hungry neighbors.

Food Bank

- Food pantries pay \$0.00 - \$1.88 a gallon.
- The food bank subsidizes the cost of the milk for our pantry partners.
- The current price for milk is \$2.49

Dairy Access



As of February 1st 2014

- 24 Food Pantry Partners
- Distributed 43,680 gallons
- Purchased 5 stainless two-door refrigerators to increase access at 5 food pantries
- Estimated 83,000 gallons of 1% milk FY 14

Replicable/Expansion

- We are looking at this program as a model for other key foods such as eggs and yogurt.



Whole Grains for the Whole Family⁵



NORTHERN ILLINOIS UNIVERSITY
School of Family, Consumer,
and Nutrition Sciences
College of Health and Human Sciences



Yao P, Ozier A, Brasseur K, Robins S, Adams C, Bachar D. Food Pantry Nutrition Education about Whole Grains and Self-Efficacy. *Fam Consum Sci Res J*. 2013; 41:426-427.

Community Partnerships



The food bank partnered with Rosalind Franklin University and Open Arms Mission food pantry



Easy Eats meal package

- Meals will be packaged with all the ingredients, recipe and other nutrition information

- Medical students are working on taste testing at the pantry

Conduct consumer evaluations of the product for acceptability.

Food Pantry Focus Groups to Identify Nutrition Education Needs
Ellen Pudney BS, Kelly Brasseur MS RD LDN, Amy Ozier PhD RD LDN, Marie Norris BS, and Meagan O'Connor BS
School of Family, Consumer, & Nutrition Sciences, Northern Illinois University, DeKalb, Illinois

Objectives:
• Assess the needs of a food pantry population regarding nutrition education and identify barriers to accessing such resources.
• Identify barriers to accessing such resources.

Theory: Prior Research, Rationale:
Previous research indicates need for nutrition education in food pantry populations. However, barriers to accessing such resources are not well understood. This study aims to identify barriers to accessing such resources in a food pantry population.

Research Questions:
1. What barriers prevent food pantry populations from accessing nutrition education?
2. What barriers prevent food pantry populations from accessing nutrition education?
3. What barriers prevent food pantry populations from accessing nutrition education?

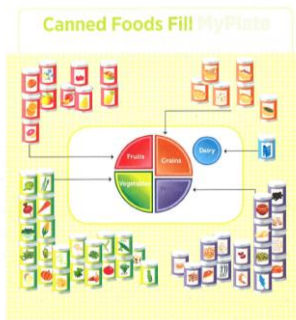
Data & Methods:
Participants (n=10)
• 10 food pantry clients (50% male, 50% female)
• 10 food pantry volunteers (50% male, 50% female)

Results:
• Barriers to accessing nutrition education include lack of time, lack of knowledge, and lack of resources.
• Barriers to accessing nutrition education include lack of time, lack of knowledge, and lack of resources.

Conclusions:
• The study identified barriers to accessing nutrition education in a food pantry population.
• The study identified barriers to accessing nutrition education in a food pantry population.

Implications for research and policy:
• The study identified barriers to accessing nutrition education in a food pantry population.
• The study identified barriers to accessing nutrition education in a food pantry population.

Pantry Toolkits



- Pantry nutrition tool kits
- Website development to provide materials and links

Pantry Toolkits



Vegetables

Don't know what to do with leftovers?

Puree roasted vegetables with chicken stock to make a hearty and flavorful soup



Rutabaga

Peel and cut into cubes, drizzle with oil and spread on baking sheet. Bake at 400° for 40-50 minutes, stirring occasionally. Or boil with potatoes until tender and mash for a new twist on mashed potatoes.

Other Projects



- After school nutrition education
- Midwest Dairy Council education materials and recipes



Letter



*Your food party is
different from the others.
You deserve a lot of credit.
Your food choices, when
healthy, well thought
out, are consumable.
It also was in need of
medicine which we received
at your party.
Living is a blessing,
but thoughtful giving
is commendable.
With sincere
appreciation,*

Health Care Communities & Food Banks



- Nutrition Policies
- Mobile Pantry
- Getting Involved



Mobile Clinic + Mobile Pantry



Health Care Communities & Food Banks



- Nutrition Policies



Health Care Communities & Food Banks



- Getting Involved



Health Care Partnerships



- Health and Wellness Partnerships
 - Diabetes Project
 - Diabetes screenings
 - Diabetes boxes



Health Care Partnerships



- Health and Wellness Partnerships
 - Medical Partnerships
 - Pantry can host health screenings
 - Medical partner can facilitate food insecurity screenings



In summary, we hope you:



- heard examples where communities, through local and national partnerships, have helped to improve access to healthy food.
- feel confident in reaching out to your local food bank to form a successful partnership.
- invite your local food bank to help develop a community needs assessment if you are in a health care setting.

Thank you!

View recorded webinars at
www.eatright.org/foundation/kidseatright



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References



1. Atkins Center for Weight and Health (2012). Improving the Nutritional Quality of Foods Distributed to Lower-Income Families through Emergency Food Services: A study of nutrition-related policies and practices of food banks and food pantries.
2. Elizabeth Campbell, Heather Hudson, Karen Webb, Patricia B. Crawford. (2011). Food Preferences of Users of the Emergency Food System. *Journal of Hunger & Environmental Nutrition*. Vol. 6, Iss. 2.
3. Feeding America Network Nutrition Education Survey (2013).
4. Feeding America Network Activity Report (2012).
5. Yao P, Ozier A, Brasseur K, Robins S, Adams C, Bachar D. Food Pantry Nutrition Education about Whole Grains and Self-Efficacy. *Fam Consum Sci Res J*. 2013; 41:426-427.