

Engaging Food Pantries: Promoting Food Security and Nutrition Education Through Policy and Environmental Changes



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Today's Agenda

- Background
- Strategies & Resources
- Harnett County food pantries
- Group Share – Your work & how to support it
- Questions & Discussion

What is Food (In)security?

- **Food Secure** – Access at all times to enough food for an active, healthy life for all household members.
- **Food Insecure** – At times during the year, uncertain of having, or unable to acquire, enough food to meet the needs of all household members.
 - **Low Food Security:** Obtained enough food to avoid substantially disrupting their eating patterns or reducing food intake by using a variety of coping strategies (less varied diets, utilizing food assistance).
 - **Very Low Food Security:** Normal eating patterns of one or more household members were disrupted and food intake was reduced at times during the year.

(US ERS 2016)

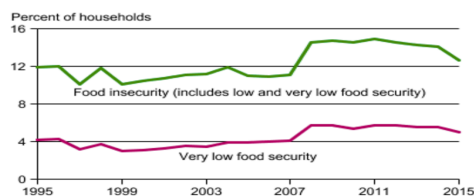
What is Food (In)security?

- **Common Misconceptions:**
 - Severity of condition
 - ✦ Food insecure ≠ Hungry
 - Number of food insecure persons
 - ✦ Household ≠ Individual
 - Frequency of food insecurity
 - ✦ Food insecure households are not necessarily food insecure all the time
 - Tradeoffs to cope with food insecurity
 - ✦ Food insecurity may reflect a household's need to make trade-offs between important basic needs (such as housing or medical bills, and purchasing nutritionally adequate foods)

(US ERS 2016) (Feeding America 2016)

Background: Food Insecurity in the US

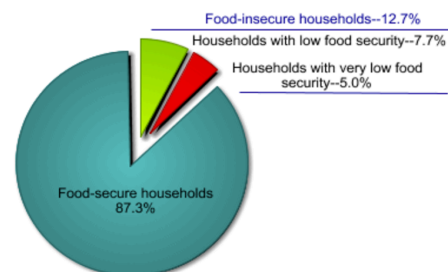
Trends in prevalence rates of food insecurity and very low food security in U.S. households, 1995-2015



Note: Prevalence rates for 1996 and 1997 were adjusted for the estimated effects of differences in data collection screening protocols used in those years.
Source: Calculated by ERS, USDA, using Current Population Survey Food Security Supplement data.

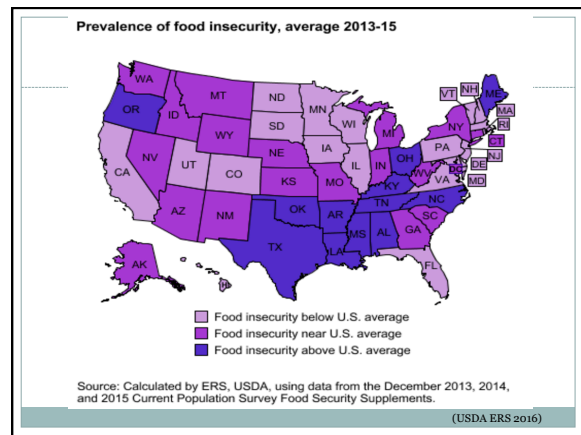
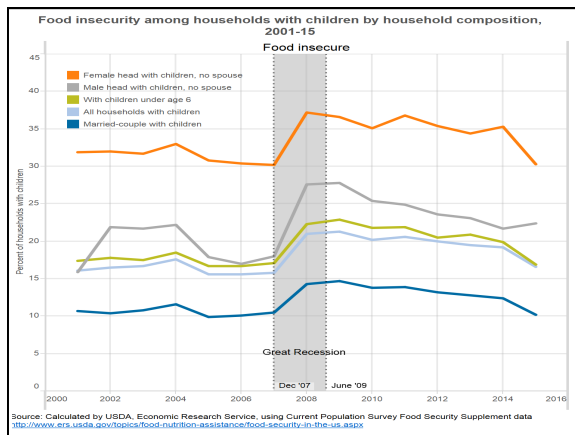
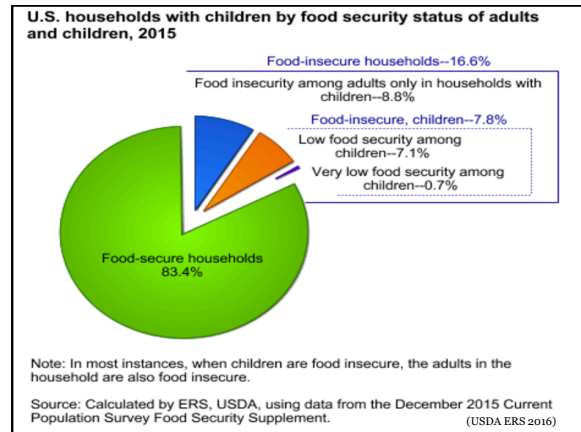
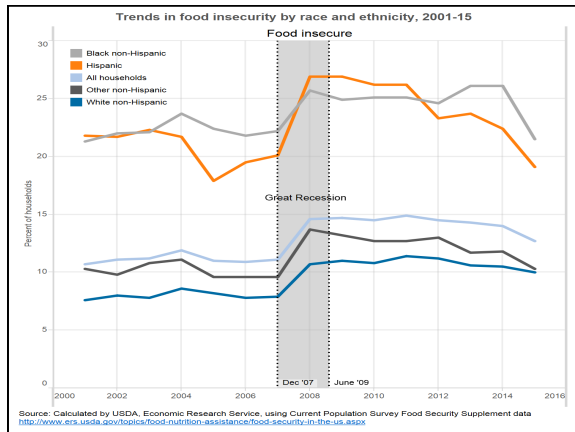
(USDA ERS 2016)

U.S. households by food security status, 2015



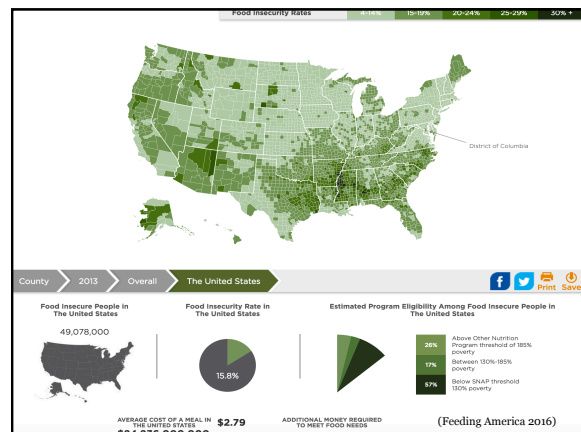
Source: Calculated by ERS, USDA, using data from the December 2015 Current Population Survey Food Security Supplement.

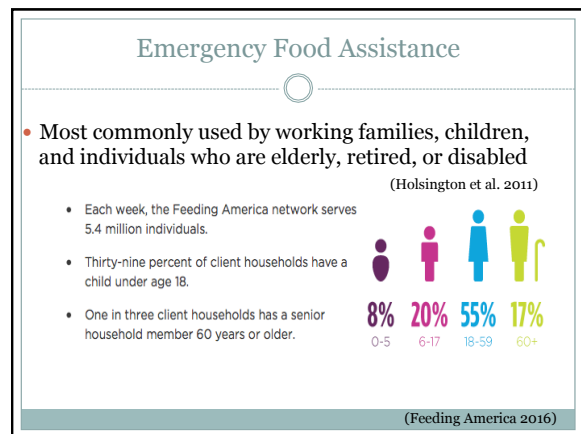
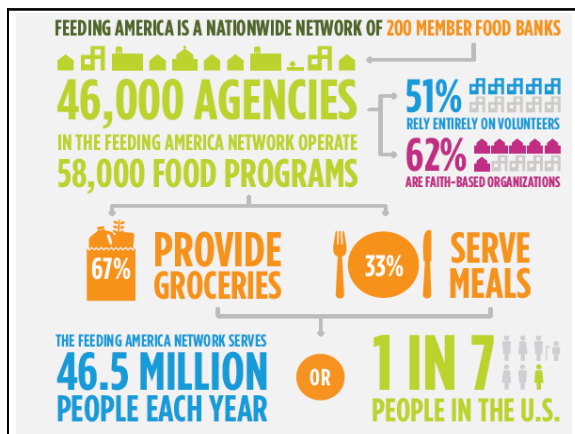
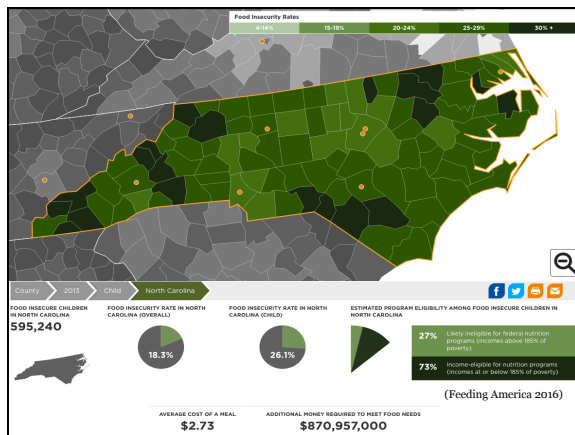
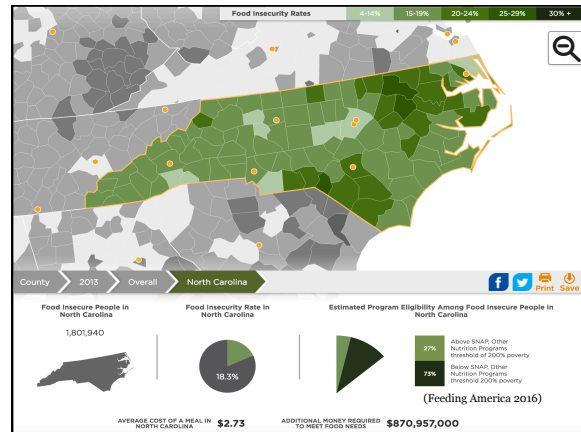
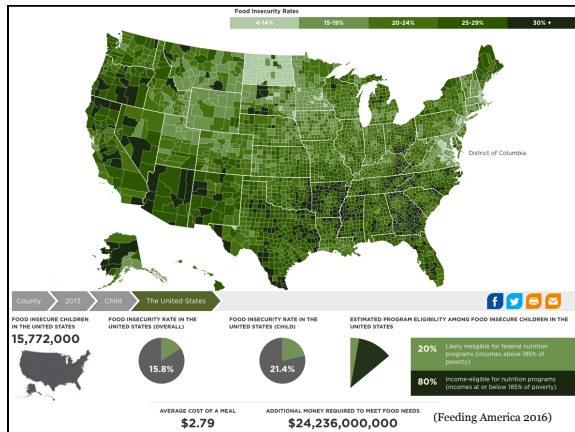
(USDA ERS 2016)



Types of Food Assistance

- Federal Food Programs
 - WIC
 - SNAP / EBT
- Emergency Food Assistance
 - Food Banks
 - Food Pantries





Why Work with Food Pantries?

- Important community food source
- Serves variety of ages and populations
- Possibility for strong partnerships
- Other reasons?

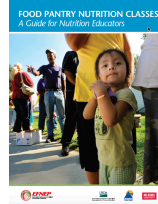


How to Work with Food Pantries

- Strategies & Resources:
 - Providing nutrition education
 - Promoting healthier food choices
 - Increasing healthier food options

Providing Nutrition Education

- Food Pantry Nutrition Classes: A Guide for Nutrition Educators
 - Goal: Help clients better use the food in their pantry boxes and learn important food resource management strategies
 - Things to consider:
 - Partner with local organizations and people (pantries, food banks, volunteers, etc.)
 - Work closely with pantry to figure out class logistics (where, when, how often, etc.)
 - Demonstrate food preparation skills
 - Use food items from pantry whenever possible
 - Encourage class to share their cultural foods and experiences
 - Do your homework
 - Be flexible – Space, timing and other factors will vary by pantry needs



<http://www.faithfulfamiliesesmm.org/resources.html>

Promoting Healthier Food Choices

- Tip on how to use healthy food items:
 - Cooking demonstrations
 - × Resources:
 - EFNEP Videos – https://www.youtube.com/channel/UChBnaUagn4tNVqiOBH2goVw/videos?shelf_id=0&sort=dd&view=0
 - Recipe cards
- Pantry Set-up:
 - Client-choice Model
 - Nudge Theory (signs, product placement, item allowance)
 - × Resources:
 - How-To Guide – <http://healthyfoodbankhub.feedingamerica.org/resource/a-how-to-guide-nudges/>

Promoting Healthier Food Choices

- Feeding America Nudge Video
 - <https://www.youtube.com/watch?v=aJmgN5wavNY&feature=youtu.be>

Increasing Healthier Food Options

- Donations from farmers, gardeners, hunters, etc.
 - Goal: Building connections between pantries and donors
 - ✦ Things to consider:
 - Donation type, amount, frequency, etc.
 - Pantry capacity, hours, etc.
 - MOUs between partners (i.e. pantries and donors, etc.) are helpful
 - Partnerships
 - Cooperative Extension
 - Health Departments
 - Youth organizations
 - Community Organizations
 - Churches

Increasing Healthier Food Options

- Donations from farmers, gardeners, hunters, etc.
 - Resources
 - ✦ Hunters for the Hungry (<http://www.h4hungry.org/>) – Connects hunters with pantries
 - ✦ AmpleHarvest.org (<http://ampleharvest.org/>) – Connects gardens with pantries
 - ✦ Farmer Food Share (<http://www.farmerfoodshare.org/>) – Set up Donation Stations at Farmers' Markets
 - ✦ Guilford County Share the Harvest (<http://www.sharetheharvestguilfordcounty.org/index.html>)

Increasing Healthier Food Options

- NC Hunters for the Hungry: <http://video.uncctv.org/video/2365651777/>

Increasing Healthier Food Options

- Gleaning
 - Collecting excess farm crop that would otherwise be unused
 - ✦ Things to consider:
 - Coordinating gleaning logistics:
 - Connecting with interested farmers
 - Utilizing volunteers to glean
 - Pantry capacity
 - Resources on ways to use gleaned produce (i.e. recipes, storage, etc.)
 - ✦ Resources:
 - Society of St. Andrew's (<http://endhunger.org/>)
 - National Gleaning Project (<http://nationalgleaningproject.org/>)
 - Feeding America Food Banks (see <http://ncfoodbanks.org/>)

Increasing Healthier Food Options

- Encouraging healthy donations in community
 - Feeding America healthy donation guide – <http://healthyfoodbankhub.feedingamerica.org/resource/healthy-food-donation-list/>
 - Most Wanted Items – <https://www.capitalareafoodbank.org/wp-content/uploads/2016/06/CAFB-Most-Wanted-Items-2016.pdf>



Increasing Healthier Food Options

- **Additional resources**

- NC Extension Local Foods Portal –
 - ✦ <https://localfood.ces.ncsu.edu/food-access-food-security/gleaning/>
- Enhancing Local Food Access by Strengthening Connections with Food Pantries Webinar –
 - ✦ <https://www.youtube.com/watch?v=qv0HyfESTVU>

Voices into Action: Research-informed Outreach

- *Voices into Action* uses research and community partnerships to encourage and support projects and activities that impact food access and places to be active
- Currently working in Western Harnett County, Lee County, and Southeast Raleigh



Harnett County – Food Insecurity

- Overall food insecurity - 17.2%
- Households with children food insecurity - 24.8%
(Feeding America 2016)
- Among the families that we talked to, the percentage was much higher:
 - 53% of households were food insecure
 - 77% received SNAP benefits, which they said were a crucial food resource, but families still struggled to put food on the table



Harnett Co. Community Food Assessment

- **Interviews:**
 - 44 low-income mothers and female primary caregivers of children ages 2-8
- **Community Workshops:**
 - 3 focus groups of residents and organizational representatives
- **Surveys:**
 - 9 food pantry directors (out of 13 identified pantries)
 - 8 local farmers

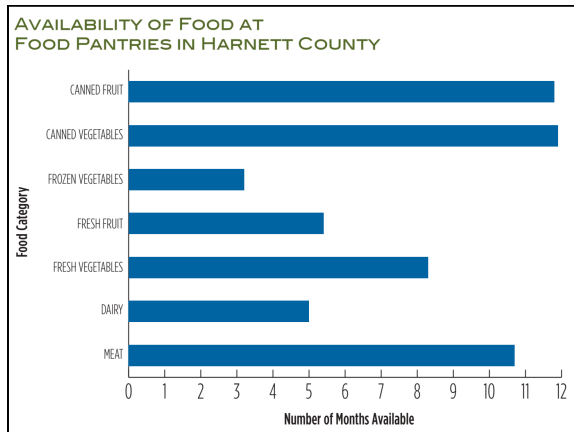


Harnett Co. Community Food Assessment

- **Key Themes:**
 - Food pantries identified as crucial resource
 - Importance of reliable nutrition education & information
- **Identified Community Priorities:**
 - Address food insecurity with help from food pantries and farmers
 - Help people learn more about cooking and preparing healthy foods
 - Build on community assets, develop community trust, and create changes that promote healthy, affordable foods and physical activity

Harnett County – Food Pantries

- **Key Themes:**
 - Many clients facing diet-related health issues
 - Desire to provide healthier food options
 - Interest in providing nutrition education
- **Challenges:**
 - Limited healthy food availability (Donations given, Lack of storage & refrigeration)
 - Capacity (Staffing, Funding)
 - Accessibility (Hours, Eligibility requirements)
 - Emphasized their inability to adequately serve clients
 - ✦ 100% of pantries had increased demand in past year
 - ✦ 56% felt they were falling short of clients' needs



Harnett County – Farmers & Gardeners

- **Survey of Harnett County fruit and vegetable farmers**
 - Variety of crops (fruits, vegetables, wheat, oats, pecans, etc.)
 - 4 farmers (50%) reported having excess produce or meat. Of these:
 - 2 farmers donated to food pantries & elderly housing facilities
 - 1 farmer canned and sold excess produce
 - 1 livestock farmer froze excess meat and gave to friends & family
 - None of the farmers had considered allowing gleaning on their farm
 - Federal Food Program Participation:
 - 1 farmer who sold at a farmers' market accepted EBT/SNAP
 - 1 farmer who sold at a farmers' market accepted WIC and Senior Farmers' Market Nutrition Program vouchers

Harnett County - Outreach Strategies

- **Connecting with Pantries:**
 - Food Pantry Director Meetings (3/31/2015 & 4/28/2016)
 - **Purpose:**
 - To connect food pantries and get feedback
 - To connect with local resources & partners
 - **Partners:**
 - Food Bank of Central and Eastern North Carolina
 - Campbell University College of Pharmacy and Health Sciences
 - VIA Mini-Grants
 - **Purpose:**
 - Up to \$3,000 for local projects that increase food access
 - **Partners:**
 - Campbell University College of Pharmacy and Health Sciences
 - Outreach to food pantries

Harnett County - Outreach Strategies

- **Connecting Pantries with Local Food Producers:**
 - Food Pantry Newsletter & Pantry List
 - **Purpose:**
 - To increase capacity and coordination
 - To help direct donations
 - To highlight resources and funding opportunities
 - **Partners:**
 - Campbell University College of Pharmacy and Health Sciences
 - Harnett County Department of Social Services
 - Food Bank of Central and Eastern North Carolina
 - Local pantries, farmers and gardeners

Harnett County - Outreach Strategies

[http://voicesintoaction.org/reports-publications/:](http://voicesintoaction.org/reports-publications/)

- County Food Assessment Reports
- Harnett County Food Connection Newsletters
- Harnett County Pantry List



Partnering with communities
to improve access to healthy,
affordable food and safe places to be active.



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Harnett County - Outreach Strategies

- **Connecting Pantries with Local Food Producers:**
 - Annual 4-H Sweet Potato Gleaning
 - **Purpose:**
 - To connect excess crops with local food pantries
 - **Partners:**
 - Harnett Cooperative Extension – 4-H and Agriculture Agents
 - Local farmers
 - Local pantries
 - Food Bank of Central and Eastern North Carolina
 - Campbell University College of Pharmacy and Health Sciences

The Sweetpotato – Quick Facts, Nutritional Information, and Recipes

Storing Freshly Gleaned Sweetpotatoes
These sweetpotatoes have not been cured. This means that unlike the sweetpotatoes you buy in the grocery store, these sweetpotatoes have not been treated to have a longer shelf life.

- These sweetpotatoes are fresh from the ground and will last about 2 weeks if stored properly.

Storage 101

- Store your sweetpotatoes in a cool, dark place or container that is well ventilated.
- **CONTRIBUTORS' FOUR STEPS TO SUCCESS:** This will cause the sweetpotatoes to have a hard center.
- You can store your sweetpotatoes for longer in the future! Sweetpotatoes last 6-8 months when frozen.
- To freeze sweetpotatoes, follow the steps below:
 - First, clean the sweetpotatoes under warm, running water.
 - Next, boil them for 15 to 20 minutes.
 - Once boiled, slice or mash the sweetpotatoes and then sprinkle them with lemon juice.
 - Slice the sweetpotatoes on a weight container and then place them in the freezer.

What do I do with freshly gleaned Sweetpotatoes???

- Clean them! These sweetpotatoes just came out of the ground, so be sure to scrub them thoroughly under warm, running water to get off all the dirt.
 - For easy cleaning, use a vegetable scrubber to help remove dirt.
- Do your sweetpotatoes have dark spots? Don't worry! You can still eat them! Just cut away the dark spots and you can eat the unaffected areas.
- Try the delicious sweetpotato recipes on the reverse side of this flyer for healthy and affordable ideas on how to prepare your sweetpotatoes!

Quick Facts!

- You CAN eat the skin of the sweetpotato! They are very nutritious and delicious!
- Try to avoid sweetpotatoes that have worm holes, such as signs of visible injury.
- The small cuts and bruises on sweetpotatoes can be removed and the underneath sections of the sweetpotatoes are still fit to eat.
- Sweetpotatoes are Excellent Nutritional Sources of:
 - **Vitamin A!** Important for strength and healthy skin.
 - **Vitamin C!** Helps wounds heal and assists the body in fighting infections.
 - **Dietary Fiber!** Helps regulate the digestive system and cholesterol.

Sweet Potato Fries

Ingredients:

- 4 medium sweet potatoes (about 3 pounds)
- 1/4 cup olive oil

Directions:

1. Preheat oven to 400° F.
2. Cut sweet potatoes into 1/4 inch thick longitudinal strips.
3. Coat a baking sheet with vegetable cooking spray or aluminum foil. Arrange potato strips in a single layer on the baking sheet.
4. Bake for 15 to 20 minutes or until potatoes are golden brown on the bottoms.
5. Turn potatoes over and bake 15 to 20 minutes or until golden brown all over.
6. Sprinkle with salt and serve.

Baked Sweetpotatoes

How to Prepare in the Oven:

1. Preheat oven to 375° F.
2. Poke sweetpotatoes with a fork, put them on a baking pan and bake in the oven at 375° F for 45 to 60 minutes.

How to Prepare in the Microwave:

1. Poke sweetpotatoes with a fork.
2. Put them on a paper towel and cook in microwave on high for 5 to 8 minutes (for two sweetpotatoes).
3. Let sweetpotatoes stand for 5 minutes before serving.

All Recipes brought to you by EFNEP!

About EFNEP
EFNEP stands for the Expanded Food and Nutrition Education Program which provides nutrition, food safety and cooking with education to low-income families.

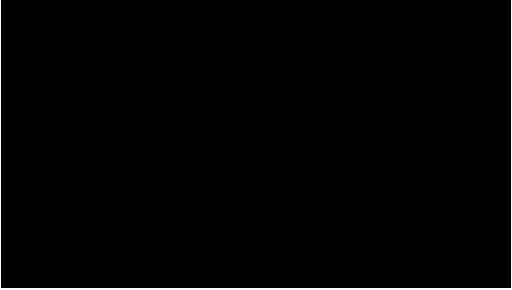
Want More Information?
If you are interested in more information about EFNEP, such as how to join a class or bring a class to your church or community organization, please contact Kristine Saphores, the Harnett County EFNEP Program Assistant, at (919) 853-7510 or kristine.saphores@harnettcountync.gov. You can also visit the EFNEP website for further information and resources: <http://www.nfne.org> or <http://www.efnep.org>.

For More Sweetpotato Recipes or other EFNEP Recipes visit the following links:

- <http://www.harnettcountync.gov/efnep>
- <http://www.nfne.org>
- <http://www.efnep.org>

<http://content.ces.ncsu.edu/gleaned-sweetpotatoes-storage-recipes-and-quick-facts>

Harnett County - Outreach Strategies



We'd love to hear from you!

- What types of activities have you done with food pantries?
- What type of resources do you need to start or increase the work that you do with food pantries?

Questions & Discussion

