Successful Synergies

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.

Today’s Speakers

Christine Rivera, RD
Nutrition Manager
Feeding America

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Vice President, Nutrition
Northern Illinois Food Bank

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

A Message from the Academy Foundation:

“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 lifestyles. Thank you for supporting the Academy and the Academy Foundation with your participation in this Future of Food Project webinar.

Elise Smith, MA, RDN, LD
House of Delegates Speaker-elect
Academy of Nutrition and Dietetics
Board of Directors

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

National Dairy Council

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

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.

Future of Food Partnership

Three dairy models:
- Milk Drives
- Purchasing
- Donations

Feeding America’s Nutrition Grant

- 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

Nutrition Caravan Project

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

Farmers Market Style Distribution

Food Bank  
+ Housing Authority & Cooperative Extension  
= Mobile Markets

Feeding America

Nutrition Grant Examples

Food Distribution at a School

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

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, 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

Local Partnerships are Key

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.

Community Partnerships

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

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

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.

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.

Pantry Toolkits
• Pantry nutrition tool kits
• Website development to provide materials and links

Whole Grains for the Whole Family


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°F 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

Health Care Communities & Food Banks

• Nutrition Policies
• Mobile Pantry
• Getting Involved

Letter

[Handwritten text]

Mobile Clinic + Mobile Pantry

Health Care Communities & Food Banks

• Getting Involved
Health Care Partnerships

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

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.

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.