Healthy Food For All: Challenges to and Strategies for Promoting Access to Nutritious Food

Jenna Umbriac MS, RDN
Director of Programs
Manna Food Center

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Please visit Pollev.com/jennaumbriac878 or text “jennaumbriac878” to 22333 to participate in the polls in this webinar.
Our Objectives:

- Understand specific challenges and strategies for providing nutrition and nutrition education in the food assistance sector.

- Learn how to screen for food insecurity and intervene on behalf of individuals who may benefit from food assistance.

- Identify at least one way the RD or DTR can play a role in improving the health of individuals/households experiencing food insecurity.
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<th>What best describes your work/area of expertise?</th>
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<td>Food service</td>
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<td>Private practice</td>
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<td>Research/academia</td>
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<td>Non-profit/community nutrition</td>
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<td>Food systems</td>
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Rank the following reasons you registered for this webinar.

I see people experiencing food insecurity at my place of employment or in my community and want to address it.

The content seemed similar to my own work and I'd like to compare notes.

I don't know much about food insecurity/food assistance and I'm eager to learn more.

I'm just here for the CEUs.

I know Jenna.
Which of the following have you participated in?

- Canned food drive
- Volunteer event (one-time or regular) at a food assistance/food security organization
- Paid employment at a food assistance/food security organization
- Screen for food insecurity
- Advocacy related to nutrition benefits or other food security policies (federal, state or local)
Food Insecurity and Health

Structural Factors: racial inequality, gender inequality, poverty, food availability, etc.

Nutritional Micro/Macro nutrient deficiencies Malnutrition

Mental Health Anxiety, alienation, deprivation

Behavioral Poor coping strategies

Immunologic mediators

Vicious cycle

Clinical outcomes

Morbidity and Mortality

Physical Health

Food Insecurity and Public Health, Edition: 1, Chapter: Food Insecurity and Health A Conceptual Framework, Publisher: CRC Press, Editors: Louise Ivers, pp.23-50
Cycles of food adequacy/inadequacy

Poor capacity for self-management

Competing demands

Health care utilization Increases

Employability decreases

by Hilary Seligman on May 18, 2017 (CAFB Hunger and Health Summit, DC).
Strategies of Food Assistance Organizations

• Distributing food in a way that promotes health
• Providing nutrition education to reduce stress of competing demands
• Partnering with the health care sector to support disease management
• Promoting community food security
Manna Food Center Overview

• Independent community organization located in Gaithersburg, MD.

• Montgomery County is the 12th wealthiest in the country yet over 70,000 residents experiencing food insecurity.

• Self-sufficiency standard for a family of 3 is $86,580.

• Manna provides food to more than 30,000 Montgomery County residents per year.
Distributing food in a way that promotes health

Step 1: Stocking a Healthful Inventory

- **Farm to Food Bank**
  - Source and/or glean locally produced food from farms & farmers markets

- **Capital Area Food Bank partnership**
  - Feeding America Network

- **USDA Commodity Foods or TEFAP (The Emergency Food Assistance Program)**

- **Retail donations = Community Food Rescue**
  - Big box stores, smaller groceries, restaurants, caterers

- **Individual donations and food drives**
  - Givehealthy.org

- **Purchasing**
FOOD DRIVE TODAY

Your food donations will help Manna Food Center feed the estimated 70,000 Montgomery County neighbors at risk of hunger.

Most Needed Foods

- Whole grain pasta
- Oatmeal, plain
- Canned chicken, tuna or salmon
- Vegetables, low sodium or no salt
- Cooking oil
- Baby food & infant formula
- Rice, brown or white
- Beans, cans or dried
- Fruit in juice, cans or cups
- Whole Grains
- Proteins
- Fruits
- Vegetables

Manna Food Center is grateful to the many food donors who make our work possible. Your partnership has helped us tackle the problem of food insecurity in Montgomery County for almost 35 years. As we continue to improve strategies for our work, Manna, like other professional food banks, is changing the foods we’ll accept from our grocery store partners. Why? Among the approximately 70,000 people who experience hunger in Montgomery County, rates of diet-related illness are high. Also, more than 75% of the families that receive food from Manna requested more fresh foods.

In order to provide a balance of nutritious foods, we will gladly accept and are always looking to increase donations of our preferred foods: whole grains, proteins, fruits, vegetables, and dairy. Manna drivers cannot accept cans, bulk pellets, or other large quantities of savory and sweet snack foods, sugar-sweetened beverages, or holiday candy. This chart provides a quick overview of our policies. We also ask you to consult our chart of acceptable conditions for rescued food.

PREFERRED GROCERY STORE FOOD DONATIONS

October 2017

- Fruits and Vegetables (fresh, canned, frozen)
- Whole grains and whole grain-rich foods
- Dairy Foods including milk, yogurt, cheese and butter
- Lean proteins including eggs, nuts/seed, beans and lentils, and frozen meat, poultry and seafood
- Savory Snack Foods: Chips, crackers, pretzel with risk
- Savory Snack Foods: Cakes, cookies, donuts, pies, pastries, muffins
- Sugar-sweetened beverages including energy drinks, fruit drinks, sodas, sports drinks
- Holiday candy

We recognize that these changes will require shifts in the way you staff partners with Manna. Our Director of Logistics will be reaching out to each store directly. We also stand ready to answer any questions you may have.

Contact Manna’s Logistics team members: Jamail Bay @ 240-268-2528 or Edwin Drijas 240-268-2539.
Distributing food in a way that promotes health

Step 2: Packaging (or not) and sharing

- Pre-packed box or bag
- Choice pantry
- Mobile distribution
Fun with Four Foods from Your Pantry!

**Moroccan Spiced Chickpea Soup**

serves 4-6, adapted from Dave Lieberman

Here’s a chunky, flavor-packed soup. Fresh garlic lends a great kick, and costs usually less than 80¢—that’s only 5 cent per clove! Crush garlic with the bottom of a pan; discard the paper. Keep remaining garlic in a cool place like a kitchen cabinet.

3 tablespoons oil
1 large onion, diced
1 14oz. can diced tomatoes
2 cans garbanzo beans (chickpeas)
1 can/carton chicken broth
5 cloves fresh garlic, smashed and chopped
1 teaspoon ground cinnamon
1 teaspoon ground cumin
Salt and pepper
½ cup spinach (fresh, frozen, or canned)

Heat oil in a large pot over medium-high heat. Add onion and garlic and sauté until the onions soften; do not brown. Add spices and sauté one minute. Add tomatoes, chickpeas, broth. Season with ground black pepper. Stir well. Chickpeas should be just covered with liquid. If level is low, add some water so the chickpeas are just covered. Bring to a simmer, then lower heat and gently simmer for 20 minutes.

Remove soup from heat. Use a potato masher (or wooden spoon) to mash up some of the chickpeas right in the pot. Stir in the spinach and let heat through until wilted, just a couple minutes. Taste for seasoning and serve.

**Pasta con l'Uovo:**

Italian Breakfast Pasta

for one serving, from food.com

This can be a hearty breakfast or even lunch. A surprising way to use leftover pasta—better yet, chop up your leftover vegetables and stir them into the pasta before adding the egg.

1 egg
1¼ tablespoons oil
1/3 cup cooked whole wheat pasta
Black pepper (hot sauce or chili flakes)

In a large nonstick skillet, add oil and hot pasta (plus leftover or canned veggies, chopped). Crack eggs over pasta and scramble. Sprinkle pepper over pasta and serve.

**Curried Chickpeas and Tomatoes**

serves 4, adapted from Fiona Haynes

Like the Moroccan soup, this recipe has a cheap ingredient that really holds its own: fresh ginger. Go to the grocery store and just break off a 2 or 3-inch piece of ginger—a little goes a long way in a recipe and it’s often around 50¢. Curry powder is simply a blend of spices like cumin, coriander, turmeric, cloves, and garlic. Pre-mixed is cheaper!

2 teaspoons canola oil
2 garlic cloves, finely chopped
1 medium onion, chopped
1 inch fresh ginger, peeled and finely chopped
1 tablespoon curry powder
1 14oz. can diced tomatoes
1 15oz. can chickpeas, drained and rinsed

Heat oil in medium heat in large skillet. Add garlic, onion and ginger. Cook for 2-3 minutes, until onion softens. Stir in curry powder and cook for 1 minute. Add tomatoes and chickpeas, and simmer for 10 minutes. Cauliflower, green beans and potatoes or canned veggies are delicious stirred in at this point. Sprinkle with dried parsley or cilantro if you like. Serve over whole grain like brown rice, bulgur, quinoa, couscous or even toast.

**Recipes**

**Healthy eating workshops**

**Grocery store tours**

**Cooking classes**
A Mobile Kitchen and Pop-Up Pantry Vehicle to combine education and nutritious food access.
Partnering with the health care sector

“Food Is Medicine” initiative
• Health care providers screen
• Positive screen contacted by CHW/Outreach Specialist at community organization

Long Branch Healthy Food Access Program
• Partners clinics, community health organization, and food assistance providers
• Pre-diabetes/diabetes
• Up to 50 patients in each 3-month cohort
• Food assistance, nutrition ed, and CHW follow-up provided weekly for 12 weeks
Partnering with the Health Care Sector

Screen and Intervene using the Hunger Vital Sign™

Step 1: Ask the questions:

1. “We worried whether our food would run out before we got money to buy more.” Was that often true, sometimes true or never true for your household in the last 12 months?

2. “The food that we bought just didn’t last, and we didn’t have money to get more.” Was that often, sometimes or never true for your household in the last 12 months?

A response of “often true” or “sometimes true” to either question = positive screen for FI.

Step 2: Connect to Resources

• Resource directory → warm referral → co-located pantry

Promoting community food security

• Montgomery County Food Council – Food Security Plan
  • Food Assistance organizations receiving more than $25,000 must reference a recognized nutrition standard
  • Identify a metric for evaluating the nutritional value of food distributed through food assistance providers.
  • Expand access to federal benefit programs.
  • Increase access to culturally appropriate foods.
  • Increase public and private funding for incentives to match federal nutrition benefits at farmers markets.
Join the conversation!
3rd Wednesday of every month @
9311 Gaither Rd, Gaithersburg
Getting Involved

1) Support your local food assistance organization(s)
   • Facilitate a fund drive or #GiveHealthy.
   • Offer nutrition expertise to small feeding programs to enable healthier food distribution.
   • Assist with educational programming, e.g. grocery store tours, workshops, etc.
   • Offer nutrition counseling office hours at food assistance providers.

2) Support your patient/client/customer
   • Familiarize yourself with food security resources local and federal
     • feedingamerica.org/findeyourlocalfoodbank OR Aunt Bertha
   • Assist clients in navigating food assistance sites.
   • Be an advocate for your client by calling ahead, learning what’s available and working together to create a list of foods to ask for/choose.
   • Accompany clients to choice pantries and assist them in making the best choices.
Getting Involved (cont’d)

3) Support your institution.
   • Promote “Screen and Intervene”
     • The Food Research & Action Center and AARP Foundation have released a free online course, "Screen and Intervene: Addressing Food Insecurity Among Older Adults. Can be found at http://frac.org/news/free-online-course-help-health-care-providers-address-senior-hunger
     • Childhood Hunger Coalition: http://www.childhoodhunger.org/
     • Report on Coding for Food Insecurity http://childrenshealthwatch.org/foodinsecuritycoding/

4) Support your community
   • Participate in your local food policy council (or start one!).
   • Host community dinners.
   • Look for candidates who act on issues related to food insecurity (wages, housing, poverty)....or run for office yourself!
What's one act you will take as a result of this webinar?