



ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE

This newsletter is produced by the *Nutrition Education Network of Washington* to enhance communication and coordination among those who educate Washington families about nutrition and food. *Energize Newsletter for Nutrition Educators* shares brief information about programs and materials that support healthful and enjoyable eating.

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SUBSCRIPTION INFORMATION

Energize Newsletter for Nutrition Educators can be sent to you electronically each month. There is no charge. To subscribe or unsubscribe, contact Christa Albice, WSU Puyallup, 253-445-4541, e-mail albice@wsu.edu.

To access past issues, go to
<http://nutrition.wsu.edu/take5/index.html>.

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This Month's Focus- *Nutrition Education at Food Banks*

Every day nearly 23,000 Washingtonians receive food from a food bank. Food bank clients who rely on donated food sometimes are unfamiliar with foods offered to them, and



many benefit from knowing how to put together nutritious meals from the available foods. This issue of the *Energize Newsletter for Nutrition Educators* will just barely scratch the surface of the many useful nutrition education resources and programs in Washington State that target food bank clients.

If you or your agency have something to share with *Energize* readers about your work with food bank clients, please let us know and we can include it in a future issue (Contact: Martha Marino, Writer, *Energize Newsletter for Nutrition Educators*, 206-817-1466, martha_marino@yahoo.com.)

Nutrition Education with Backpack Program for Kids – Some food banks provide backpacks with food for school children to take home over the weekend. To help the students and their parents know how to use these donated foods, Sandy Brown of WSU Clark County Extension says that they provide a one-hour class with the parent and child, or sometimes just the child, demonstrating what can be prepared with the foods inside the backpack that week. Participants receive a list of what they can make and what other foods are needed to make a meal or dish. (Contact: Sandy Brown, WSU Clark County Extension Food Safety and Nutrition, 360-397-6060 ext. 5700, browns@wsu.edu.)

Food Bank Stars of the Week at Food Bank in Skagit County – Two WSU employees, Lizette Flores and Talea Price, were awarded “Star of the Week” at a food bank in Sedro Woolley. Twice a month they conduct demonstrations using foods not commonly used by food bank clients. If the clients don’t know how to prepare a food or whether they will like it, these foods remain untouched at the food bank week after week. Lizette and Talea show how to use the food in a healthful way, offer samples to taste, and provide a nutritious recipe. Because of their work, the formerly unfamiliar foods “fly off the shelves,” according to Laura DeFreese of Skagit County Extension. (Contact: Jan Curry, *Food Sense*, WSU Skagit County Extension, 360-428-4270 x 229, bulldogs@wsu.edu.)

Screening in Medical Clinics for Childhood Hunger – Doctors, nurses, and dietitians can learn how to play a valuable role in helping hungry families and earn continuing education credits at the same time. A free online course covers the impact of food insecurity on the health of children, including ways to screen for hunger in their offices and clinics. The course offers a validated food insecurity risk question that can be part of the intake protocol. Intervention strategies are suggested, such as food assistance outreach. The course “Childhood Food Insecurity: Health Impacts, Screening & Intervention” is offered by Oregon’s Childhood Hunger Coalition, <http://ecampus.oregonstate.edu/hunger>.

Local Insights on Special Considerations for Nutrition Education at Food Banks – SNAP-Ed nutrition educators at WSU Pierce County Extension have observed unique challenges when recruiting participants for nutrition lessons at food banks. Linda Mathews and Anna Kitchin offer these observations:

- Some food banks have limited or shared space, such as faith-based organizations that host a number of events on their premises.
- Food banks may have limited hours of operation, limited volunteers, and limited or no kitchen or cooking facilities.
- Clients may have time constraints and issues regarding travel to the food bank, such as getting a ride or using public transportation. Transportation can be a barrier to participation in nutrition classes before or after food distribution hours.
- Clients may be concerned about losing their place in line if they take part in a class before food distribution begins.

WSU Pierce County SNAP-Ed educators and food bank staff have found successful ways to overcome these and other barriers:

- Schedule classes for a day the food bank is normally closed and allow participants to pick up their food after class. If this takes place on the food bank’s stocking day, volunteers are likely available to help clients get their food.
- Arrange for class participants to get the first places in line for food pick up before the class begins.
- Encourage ride sharing or car pool among class participants so they can arrive early enough to secure first places in line in order to attend class.
- Provide incentives, such as certificates of completion or *Eating Well for Less* cookbooks by the Department of Social and Health Services (DSHS) (see paragraph below under Tools of the Trade).
- Plan classes around other uses for shared space at locations that also house a food bank.
- If the location does not have access to a kitchen, prepare recipes that use table-top appliances, such as an electric skillet or blender, or that require no heating or cooking.

These words of wisdom are just a handful of the many tips from Linda and SNAP-Ed nutrition educator, Anna Kitchin. (Contact: Linda O. Mathews, Extension Coordinator Supervisor, WSU *Food Sense* 253-798-7154, lmathews@wsu.edu and Anna Kitchin, SNAP-Ed Adult Educator, 253-798-3263, anna.kitchin@wsu.edu, both with WSU Pierce County Extension.)

A Decade of Nutrition Education in Spokane Food Banks – Ten years ago, the food bank organization 2ndHarvest faced a food-waste problem: unfamiliar foods were being re-donated by clients or discovered in the dumpster. *Food Sense* nutrition educators have partnered with 2ndHarvest to pilot some classes at food banks to teach clients how to use unfamiliar foods and to provide good nutrition information as well. Rhonda Hause, Educator with Spokane County *Food Sense*, says that each class focuses on a different nutrition message that supports MyPlate, and includes a recipe for participants to try. The ongoing classes are open to any food bank client. Class participants receive a meaningful food item incentive, generally fresh produce. Rhonda and Brandi Anderson, another *Food Sense* educator, pioneered this program, and have shared their expertise at the Washington Food Coalition, 2nd Harvest’s annual agency conference and with food banks statewide. Rhonda’s advice to educators beginning nutrition education classes at food banks is, “Don’t give up,” since most roadblocks can be overcome. She recommends adapting classes if needed to support food bank and clients’ needs, volunteer time, and available space. Knowing in advance from 2ndHarvest which foods will arrive at the food banks helps in planning, particularly produce that can stump the clients such as artichokes, eggplants, and endive. For handouts on the nutritional content, safety, and recipes for individual foods available at food banks, she recommends www.fns.usda.gov/fdd/usda-foods-fact-sheets. Another helpful resource is the SNAP recipe finder, <http://recipefinder.nal.usda.gov/>. (Contacts for Spokane County *Food Sense*: Rhonda Hause, Educator, rhause@spokanecounty.org, Brandi Anderson, Educator branderson@spokanecounty.org or Terry Perry, Program Supervisor at 509-477-2194 or tperry@spokanecounty.org.)



Figure 2. Courtesy of WSU Pierce County Extension *Food Sense*

OUR MISSION: *The Nutrition Education Network* coordinates nutrition education efforts to communicate consistent, positive and relevant messages to increase awareness of healthful and enjoyable eating among low-income families. *Energize* is one way that *the Network* shares information and resources to accomplish this mission.

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Major Food Bank Agencies/Organizations in Washington State – Many organizations work to provide food for hungry Washingtonians. Here are four of them, and on their websites you can find resources, member agencies, ways to help, fundraising events, and statements on the impact of hunger.

Washington Food Coalition: Statewide membership organization of emergency food providers that shares best practices to tackle hunger, www.wafoodcoalition.org/.

Food Lifeline: Affiliated with Feeding America, serves Western Washington food banks and meal programs, <https://foodlifeline.org/>.

Northwest Harvest: Hunger relief organization serving a network of food banks statewide, www.northwestharvest.org.

Second Harvest: Affiliated with Feeding America, serves Eastern Washington and North Idaho food banks and meal programs, www.2-harvest.org.

TOOLS OF THE TRADE

Eating Well for Less – A colorful booklet, in both English and Spanish, offers delicious recipes and nutrition tips that support the Dietary Guidelines for Americans, as well as emergency food availability. It serves as an appealing incentive for food bank clients, agencies serving SNAP clients, and other uses with low-income families and individuals. Three sections include shopping and saving on a food budget, selecting naturally nutritious foods, and cooking easy, low-cost, taste-tested foods. All 28 recipes were tested by users of south King County food banks. Community agencies serving audiences in Washington State with limited resources may order up to 500 copies for free. To see photos of the recipes, download the booklet, or place an order, go to <http://nutrition.wsu.edu/recipes>.



Photo courtesy of WSU Extension
Pierce County *Food Sense*

Low-Cost Recipes Using Local Foods – For a wide variety of recipes using inexpensive, nutritious foods that are commonly grown in Washington State or available at local food banks, check out the *Take a Bite of Food \$ense* at <http://nutrition.wsu.edu/recipes/IncentiveRecipes.html>. In this electronic

recipe bank, the free downloadable recipes are print-ready for use locally by any community agency or educators. Developed by WSU *Food \$ense* and funded by USDA SNAP, all 48 recipes were taste-tested by food bank clientele or school youth receiving *Food \$ense*.

Resources for Nutrition Education in Food Banks – If you're looking for nutrition education materials, tools, and recipes that have already passed a rigorous screening process, check out Feeding America's Healthy Food Bank Hub. Nutritionists who work in food banks across the country designed evaluation tools to screen all materials. The hub also includes examples of successful partnerships and healthy food distribution tools and resources available to those who do nutrition education at food banks. Go to <http://healthyfoodbankhub.feedingamerica.org/>, scroll down and click on "Tools and Resources" then on "Nutrition Education Tools and Resources" and "Healthy Recipes." The criteria used for evaluation of resources and for recipes can serve as useful guides: <http://healthyfoodbankhub.feedingamerica.org/wp-content/uploads/2013/12/Nutrition-Education-Handout-Checklist-rev-10-17-13.pdf> and http://healthyfoodbankhub.feedingamerica.org/wp-content/uploads/2013/12/RecipeCriteria_public_updated.pdf.

Downloadable Presentations and Handouts About Hunger – The "Kids Eat Right Hunger in Our Community, What We Can Do" toolkit contains presentations for two audiences: one for adults (Hungry and Overweight: How is it Possible?) and one for teens (Rage against Rumbles: Student-led Actions to End Hunger in Our Community). Each presentation consists of a ready-made PowerPoint presentation with leader notes, an activity and a handout. These are available to members of the Academy of Nutrition and Dietetics who sign up for the Kids Eat Right Campaign. Go to www.eatright.org, then click on "members" then on the left banner click on "Kids Eat Right."

DID YOU KNOW?

Washington is the 15th hungriest state in the nation and in the top 6 where hunger is growing fastest.

<http://www.northwestharvest.org/wa-hunger-facts>.



EAT TOGETHER EAT BETTER – Family Meals Focus

Because our readers have told us that Family Meals is a hot topic, in the May 2011 issue we began a small section on recent news relating to this topic and our long-standing signature program, *Eat Together, Eat Better*.

Eat Together, Eat Better program materials are valuable resources not just to nutrition educators but also to social workers. That was the theme presented by Lindsay White, University of Washington Tacoma Master's in Social Work graduate student. In her capstone project, she showed that valuable materials already exist that promote nutrition and family communication, which can be useful to agencies that provide social services. For her project, Lindsay designed a

community intervention around family meals, using the *Eat Together, Eat Better* materials, for use by social workers.

(Contact, Lindsay White, 253-514-2540) (To see *Eat Together, Eat Better* materials, go to

<http://nutrition.wsu.edu/eteb/index.html>.)

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