DO YOU HAVE FOOD $ENSE:
BUILDING HEALTHY, RESILIENT COMMUNITIES THROUGH SUSTAINABLE PARTNERSHIPS

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PROBLEM IDENTIFICATION
The 2017 HEALTH POLICY INSTITUTE of OHIO Health Value Dashboard identified food insecurity as one of Ohio’s greatest health challenges. This poster highlights effective strategies to increase food security and improve access to healthy food and nutrition outcomes. This program demonstrates effective partnerships between Ohio State University Extension Impact Areas, a faith-based Mobile Food Pantry and a local health care provider to address the food insecurity, health disparities and social determinants of health.

Organizations Bonded by Common Missions
• Strive to eliminate multiple daily struggles for low income families living in areas where access to affordable and nutritious food is limited
• Empower families with education, support and services to make healthier food choices and improve their health outcomes
• Engage participants to grow, apply and execute sustainable food practices and employ healthy food preparation skills
• Provide the most effective emergency assistance continuum for low-income individuals and families in need

GOAL
To educate participants from Inter Parish Ministries Mobile Food Pantry the importance of planning and preparing nutritious meals and improve the likelihood that participants will make healthy food and lifestyle choices that prevent obesity. Instruction is based on the USDA Dietary Guidelines for Americans 2015-2020 and follows the SNAP Education Program Assistants – Danielle Combs, Becky Fiscus, and Mona Glover

Recruitment
During the first Mobile Food Pantry of the season, individuals voluntarily sign up to participate in a six month program presented once a month from June through November. An informational flyer is offered to individuals asking if they were interested in participating in a program to learn skills to make healthier food choices and prepare nutritious low cost foods. As an incentive to participate, each person would receive cooking tools and a $25 Kroger gift card upon completion of all classes.

Each class delivers a targeted, meaningful message participants can immediately put to practice.
• Group discussion of designated topic
• Participant’s input reflecting ways to improve current choices
• Group collaboration regarding healthy lifestyle choices for their families

SUCCESS STORIES
• Participants practiced canning skills learned during class in their home kitchens
• Participants enthusiastically shared dialogue about personal cooking experiences
• Participants tasted new foods and incorporated them into weekly menus
• Participants prepared new recipes using healthy foods in order to improve nutrition and food budgets
• Participants requested continuation of classes during future pantry sessions
• Participants learned the value of “Living a Healthier Lifestyle” through personal testimonies

MONTHLY TOPICS FOR FIRST AND SECOND YEAR PARTICIPANTS

June - MyPlate
1. Using MyPlate for Healthy Living
   a. Fruits and vegetables in your diet
2. Foods to Decrease
   a. Plants and recipe cards

July - Food Shopping
1. Secrets to Savory Shopping
   a. Cucumber and Cilantro salad
2. Saving Money It’s Part of the Plan
   a. Sassy baked eggs and vegetables

August - Fruits and Vegetables
1. Budget friendly ways to include fruits and vegetables in your diet
   a. Canned vegetables
2. Rainbow of Colors Eat a Rainbow of Snacks
   a. Cinnamon Fruit Salad recipe

September - Grains
1. Getting to know whole grains and identifying whole grains with ease
   a. Morning Glory Muffins
2. Creative Cooking with Whole Grains and Build a Better Meal
   a. Great Grain Salad

October - Protein
1. Variety is Key. Benefit of Beans
   a. Purple Power Bean Wrap
2. The Versatile Egg
   a. Chicken Potpie

November - Dairy
1. Fat, Sugar and Content
   a. Cheesy Chicken, Broccoli and Rice Bake
2. Breaking Down the Barriers to Eating Dairy and Food/Dairy Intolerances
   a. Sweet Potato Custard

CONCLUSIONS
This is a worthwhile program that has increased public perception of where our food comes from and how it can nutritionally benefit their families. Biometric screening was conducted as part of the sessions so that individuals had a baseline for improving their health through best practices. Over 200 pounds of produce was raised and used in the program for food preparation, preserving, and for participants to take home. Participants were encouraged to start growing their own produce.

CEREMONIES
Produce raised in the OSU Extension Clermont County demonstration garden (above) then used in SNAP-Ed Food Pantry cooking demonstration (below) to create stuffed peppers and many other healthy favorites during the production season.

METHODS

Collaborative Teaching Roles
• Family Consumer Sciences Educator – Margaret Jenkins
• Agriculture and Natural Resources Educator – Nanette Neal
• SNAP Education Program Assistants – Danielle Combs, Becky Fiscus, and Mona Glover

ACKNOWLEDGEMENTS

Margaret teaching preserving seasonal produce safely.

PROGRAM OPERATING EXPENSES

OSU Extension Office Costs $550
OSU Extension Educator and Staff Costs $3,300
OSU Extension Administrative Costs $700
Food Supplies $1,000
Mileage $300
Cooking Utensil Incentives $1,200
TOTAL $7,050

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