

# 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 behavior 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 N.O.U.R.I.S.H. Curriculum supplemented by Extension Family and Consumer Sciences Healthy People programs i.e. Million HEARTS and Preserving the Harvest. Participants learn through "dialogue approach to adult learning" including hands-on food preparation and food tastings. The informal atmosphere of the classroom encourages participants to openly share personal experiences about providing and preparing food for their own families.

## 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

### 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



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.



## 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

### Discussing protein and meat selection



## MONTHLY TOPICS FOR FIRST AND SECOND YEAR PARTICIPANTS

### June - MyPlate

1. Using MyPlate for Healthy Living
  - a. Fruit Smoothies plus plants and recipe cards
2. Foods to Decrease
  - a. Plants and recipe cards

### July - Food Shopping

1. Secrets to Savvy Shopping
  - a. Cucumber and Onion salad
2. Saving Money it's Part of the Plan
  - a. Sunny baked eggs and vegetables

### August - Fruits and Vegetables

1. Budget friendly ways to include fruits and vegetable 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. Cap, Color 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

### Margaret teaching preserving seasonal produce safely.



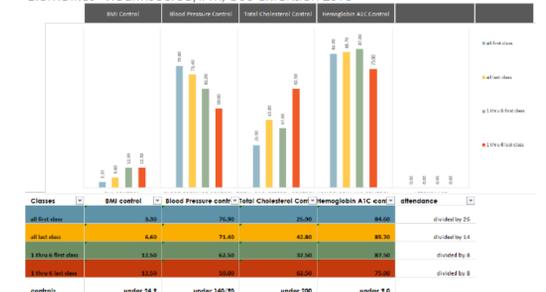
## PROGRAM OPERATING EXPENSES

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
<b>TOTAL</b>	<b>\$7,050</b>

## 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.

Biometrics - HealthSource/IPM/OSU extension 2018



## ACKNOWLEDGEMENTS

Both OSU Extension and Inter Parish Ministry are members of the Clermont County Safety Net Alliance along with new partner HealthSource Foundation. The motto of the alliance is "mending holes in the social safety net." A Charles H. Dater Foundation grant funded the 2018 Mobile Pantry classes.



OSU Extension Clermont partners for a common mission.

