

Pilot Food Demonstration at SE Food Pantry: Improving Access and Intake of Unfamiliar Nutritious Foods.



(Photo of an array of vegetables..., 2019)

"Food is a social and cultural expression of individuals [and groups]. Through food we can better understand our histories, our cultures and our shared future." (Levkoe, 2006, p. 89)

(Vector of globe with fork..., 2019)

GOALS AND OUTCOMES:

Food insecurity is a social determinant of health. Using the resources available to us through I-CAN, we were able to create this cooking demonstration intervention to directly impact our clients' food access and intake, thereby helping to close the nutritional gap in this community's multiple intersecting health needs. Through visually demonstrating simple ways to prepare unfamiliar foods available at the pantry, we are encouraging shoppers' nutritional success through this food resource that is already available to them.

COMMUNITY IMPACT AND CALL TO ACTION:

- Out of 18 pantry shoppers, 8 engaged with the demo. Two participants stated that they liked the food, and would try to cook the recipe at home.
- Combining the resources of Catholic Charities with I-CAN faculty and nursing students, the food pantry could provide ongoing monthly demos to help promote nutrition education and engagement with unfamiliar foods. With ongoing presence at the food pantry, community members will be able to access weekly nutrition education, new ideas for preparing foods available from the pantry and interact with nursing students in new and meaningful ways.

FUTURE RECOMMENDATIONS AND SUSTAINABILITY:

- Recruit and involve Catholic Charities volunteers and community members to provide future demos, using Oregon Food Bank as a resource for demo trainings.
- Support continued nutrition education through ongoing I-CAN student training demos in both clients' homes and Catholic Charities food pantry.
- Develop a pantry budget in partnership with Catholic Charities and I-CAN to expand food offerings.
- Conduct community needs survey, with the goal of strengthening the capacity of Catholic Charities pantry to serve the community.
- Our poster presentation will be shared at Lutheran Community Services for Resident Service Coordinators of both Lutheran and Catholic Charities to report out our interventions, findings and recommendations.