A LAWYER, A FARMER, A FOOD BANKER, AND TWO NUTRITIONISTS WALK INTO A BAR....

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FROM HUNGER TO HEALTH VIDEO
TODAY’S PRESENTATION

Why should food banks develop a nutrition policy?

How has what we have learned influenced our technical assistance?

Why an online course and what’s involved?

Q & A/Discussion
FOOD BANK NUTRITION POLICY IS A SENSIBLE STARTING POINT

• 47% of 137 food banks used “common sense” to determine which foods were nutritious

• 7% had a formal, written policy

• Staff couldn’t agree what foods beyond produce were nutritious or less so

• Food banks wanted direction on where to start in becoming a ‘nutrition-focused food bank’
• Helps food bank staff to identify what foods are nutritious—apply F2E guidelines

• Promotes consistent decisions by staff about food procurement and ‘gives permission ‘ to work on nutr.

• Demonstrates good corporate citizenship and models responsible food provider behavior

• Highlights the organization’s commitment to healthful diets for clients

• An official tool for communication with donors & other suppliers
LESSON: FOOD BANKS HAVE MADE IMPROVEMENTS & THERE IS ROOM FOR MORE
Lesson: Stakeholder buy-in is essential for successful implementation of nutrition policies.
FOOD BANKS WANT SPECIFICS OF "HOW TO" DEVELOP NUTRITION POLICIES
‘How to’ Topics Covered in TA

- How to advocate for a nutrition policy and improved inventory
- How to use a nutrition policy
- What does a sound policy look like
- How to draft a policy
- How to manage an effective nutrition policy working group
- How to communicate about your nutrition policy
- How to plan for implementation
Welcome! This course is for those interested in the links between hunger, health, nutrition and charitable food assistance. If you work in or with a food bank, the course will contribute to your knowledge and skills in advocating for, leading or participating in an effort to develop a food bank nutrition policy. If you are not a food banker, you will learn more about how charitable food assistance operates and why it’s important to improve the nutrition quality of foods available. Whatever your reason for participating in the course, you will find ideas and resources to help you support food banks or other charitable food programs in your community.

Get Started: Review the syllabus, go through Canvas’ student orientation, take the welcome survey and start with the first module.

Instructors: Karen Webb, PhD, MPH, Elizabeth Campbell, MA, RD, Michelle Ross

Who Contributed To Course Development: Course acknowledgments

Module 1: Hunger & Nutrition- The Role of Charitable Food Assistance

Week 1

Week 2
PARTICIPANT FEEDBACK

“I am greatly appreciative of the work that went into not only the online program itself, but especially the materials [guides] that we could print out and retain. Fantastic!”

“The behavioral guidance to listening & responding to stakeholders' views and concerns is really helpful. Having talking points that come from client/food bank survey data is key in these discussions.”

“I have enjoyed the power points, discussions, and especially enjoyed the role playing exercise. I have learned so much and now have so many tools to go back and use when proposing, discussing, and instituting a nutrition policy.”
SUMMARY

1. Food banks are making significant changes to inventory but there is more work to be done.

2. Nutrition Policies are not a magic bullet, but a good starting place.

3. It's essential to engage all key stakeholders in policy development.

4. Food bankers want specifics on how to develop a policy.

5. Sign up for NPI’s online course to access resources and interact with peers.
THANK YOU!

Website: http://npi.ucanr.edu/Food_Bank_Nutrition
From Hunger to Health Video:
www.youtube.com/watch?v=F6ERfMstky8