



2022 HUNGER & HEALTH SUMMIT REIMAGINED RESILIENCY

CHULA VISTA • WISCONSIN DELLS
APRIL 24-26TH, 2022

SPONSORED BY:



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EXHIBITORS:



Quartz



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April 25th, 2022

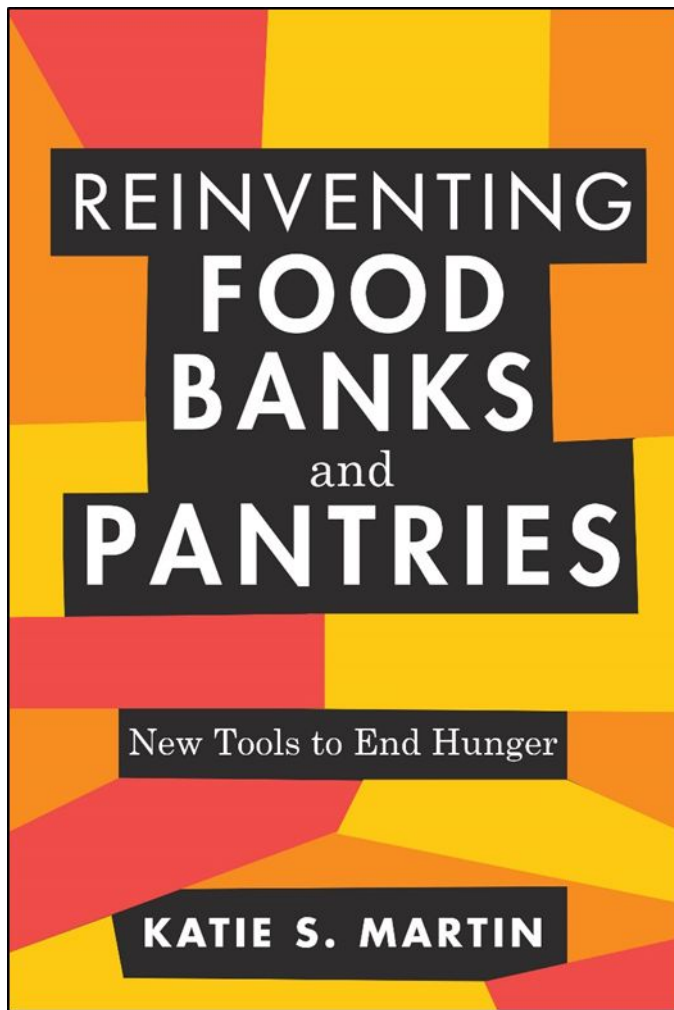
Serve as a resource for the charitable food system to:

- Increase access to healthy food
- Address root causes of hunger
- Identify best practices to reduce food insecurity
- Promote a paradigm shift towards long-term solutions to hunger

Offerings:

- Monthly newsletters
- Wednesday Webinar series
- Consulting services with a flexible fee structure

Visit foodshare.org/Institute to sign up for our updates!



“Your book brings things that we have been talking about for years into focus and gives us some actionable steps that we can take to empower our community around hunger solutions.”

Sarah Harpster, Advocacy Coordinator,
Hunger Solutions, New Hampshire

“The book educates as it inspires.”
– Food Bank News

Scarcity Mentality

Individuals:

- There isn't enough ... food, money, time, support.
- Coping strategies, focus on today.

Organizations:

- There isn't enough ... food, money, time, volunteers, space, equipment.
- There are so many people in need ... We should just focus on providing food.
- Coping strategies: no planning, no evaluation

Abundance Mindset



Reimagined Resiliency!

Focus on strengths and assets

Letting go of egos and competition

There are plenty of resources and good ideas to go around

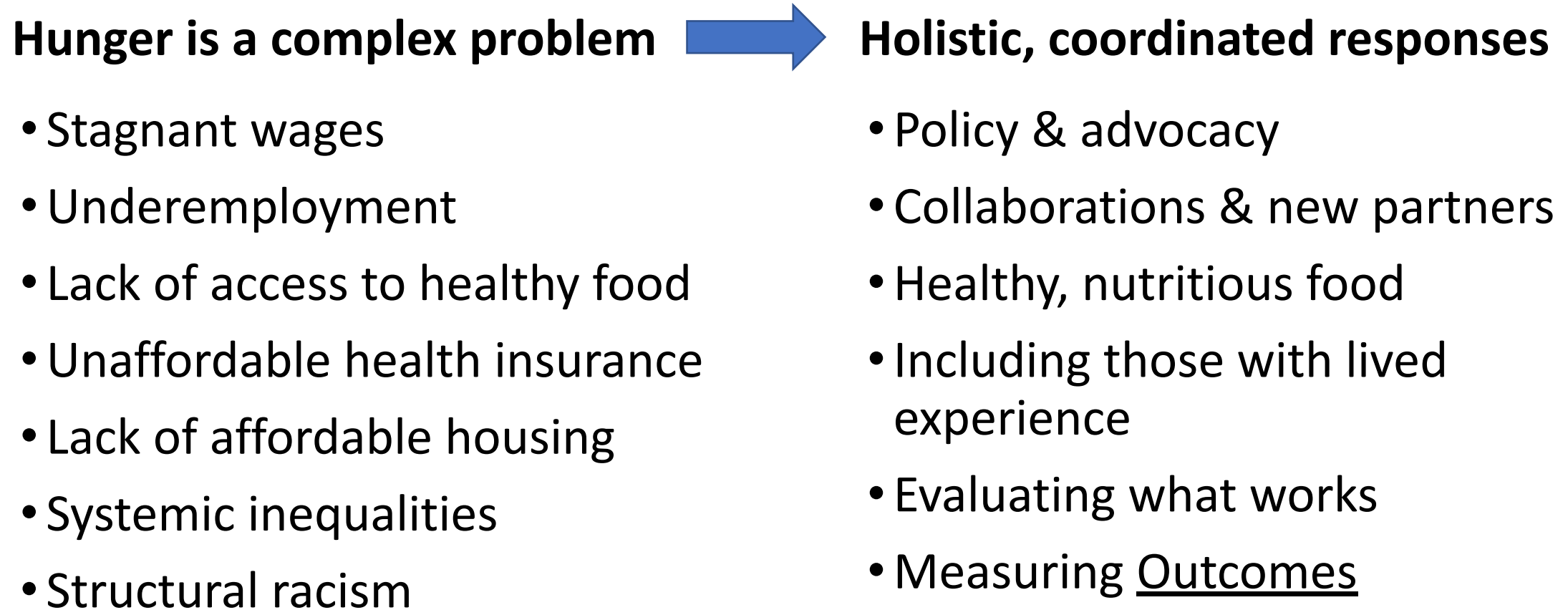
Defining the Problem → Solutions

Not enough food → Collect and distribute more food



Focus on Efficiency

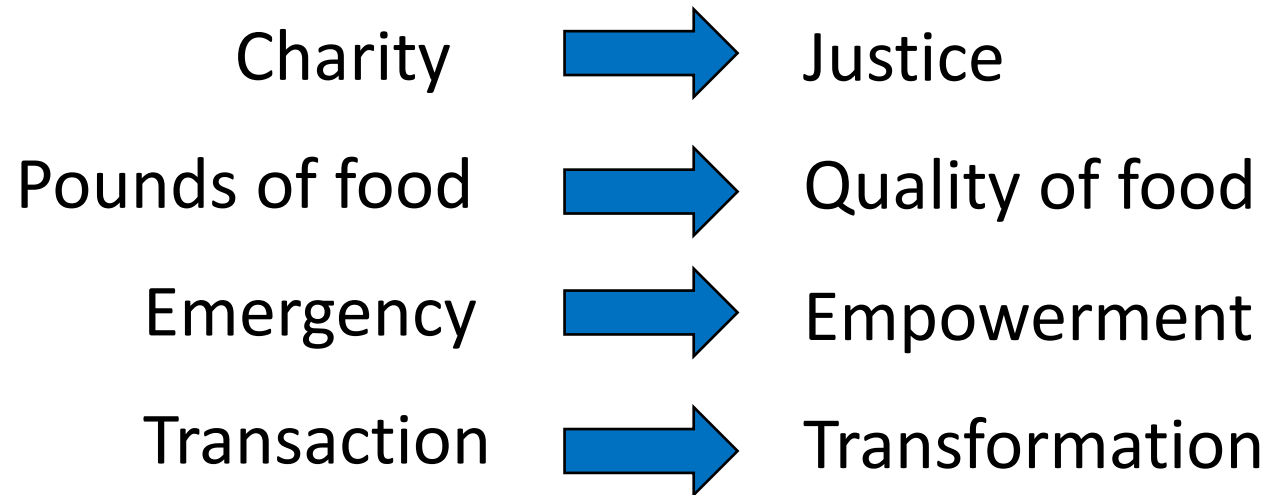
Defining the Problem → Solutions



Efficiency ≠ Effectiveness

Key Themes

We're doing good work,
but we can do better.
We can dream bigger and aim higher.



Paradigm Shift

Building capacity in food programs to more effectively address the root causes of hunger.
The Institute partners with programs to promote:

CULTURE



CHOICE



CONNECTION



BECAUSE IT TAKES MORE THAN FOOD TO END HUNGER



Thought Exercise

Think about your best/worst customer experiences.

- Why was it good/bad?

Think about your favorite place to shop for food.

- How are you treated?
- What do you feel?
- What do you see?

What creates the guest experience?



... We can do better

The Language we use

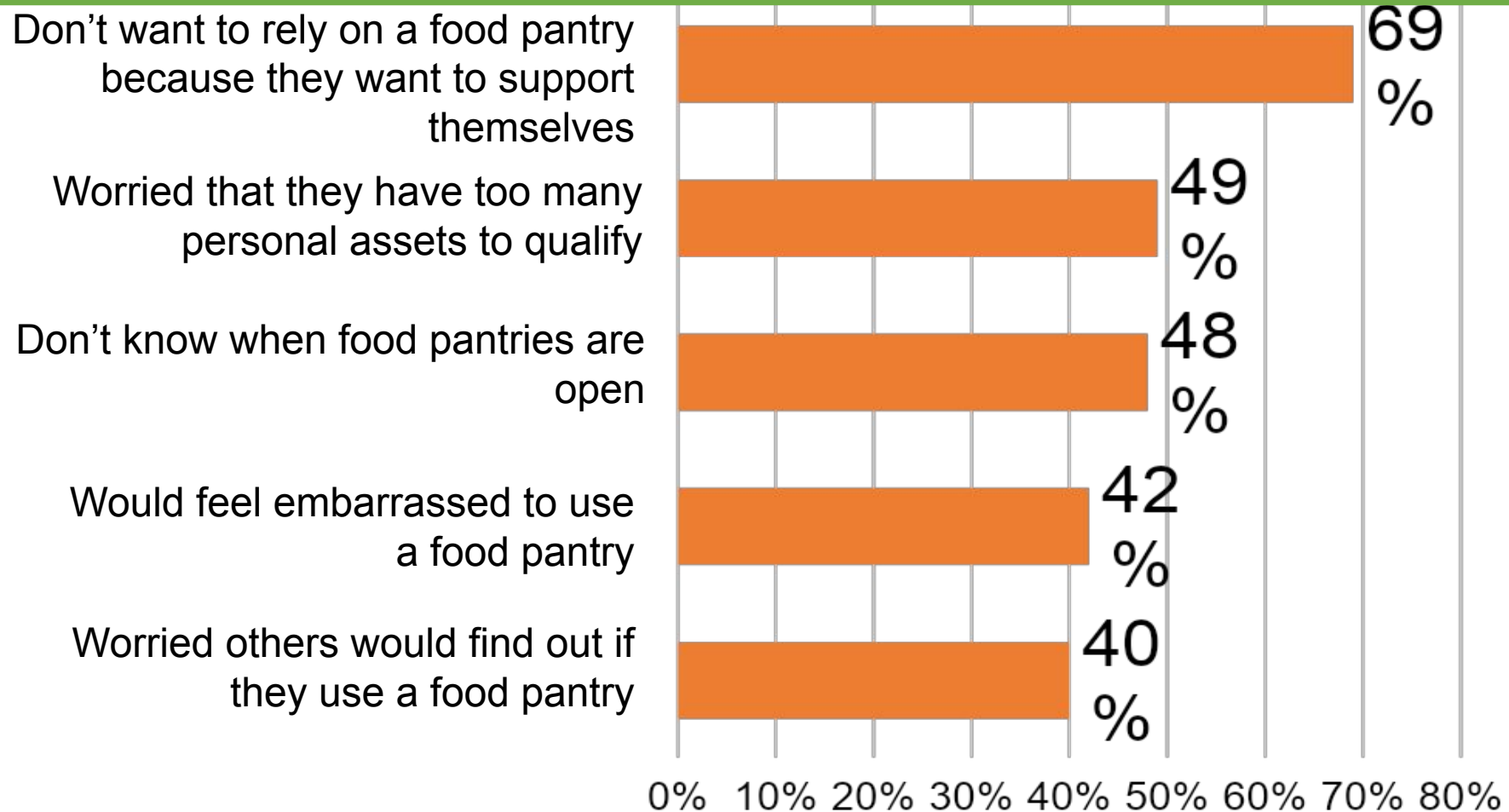
- Strength-based
- Welcoming signage
- Intake process
- Person-centered
- Customers, guests, neighbors
- Use the languages spoken by your guests
- Reducing stigma

... We can do better



Survey of 1,000 Connecticut Residents, spring 2021

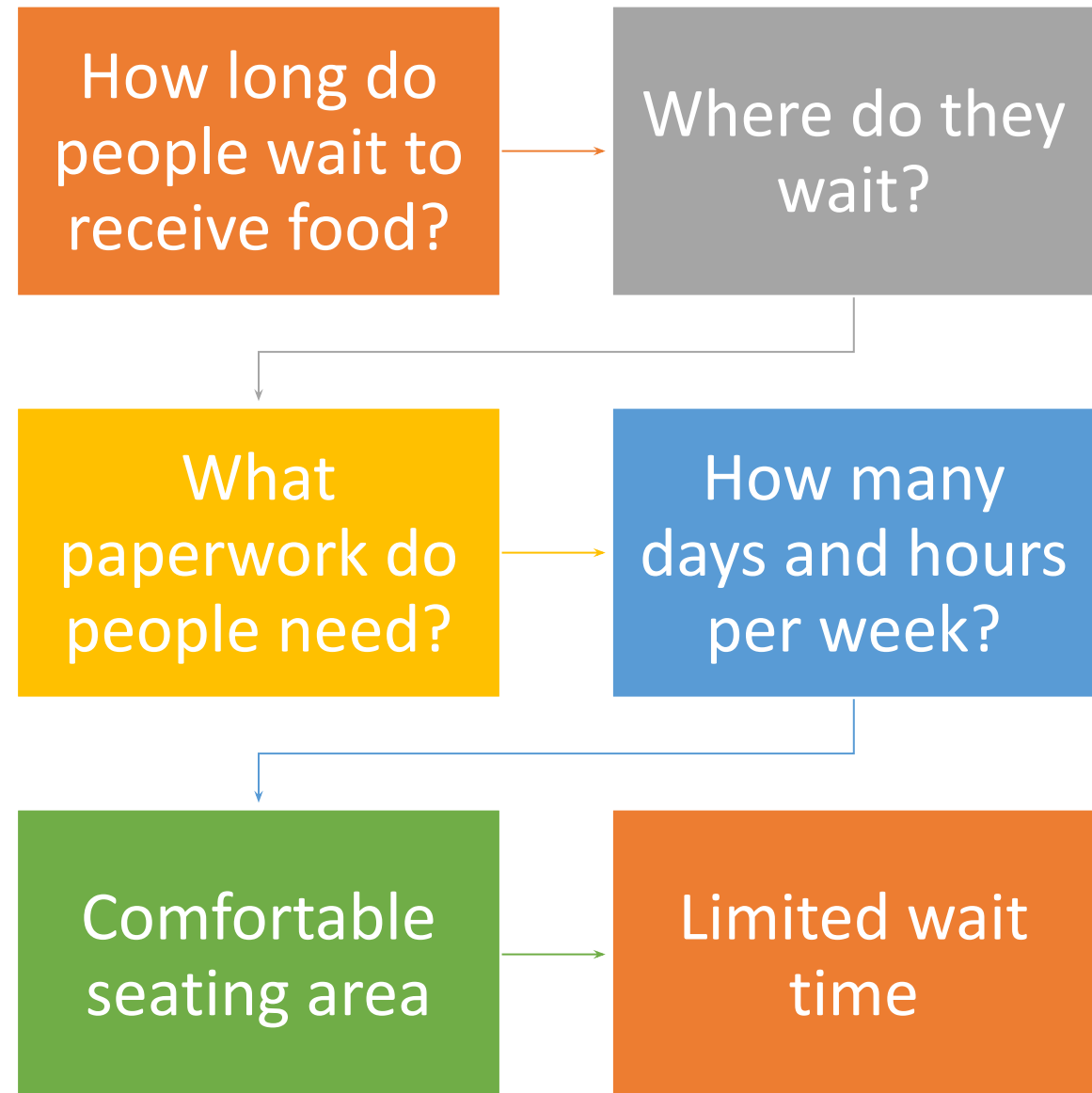
Concerns Regarding Potential Food Pantry Use



Things to Consider:

Hours of Operation and
Wait Times

... We can do better



Continuum of Offering Choice

None

Limited

Modified

Full

“Traditional” food pantry model. Bags or boxes are packed in advance, and everyone receives the same items.

Choice between 2 types of boxes or prepacked bags and then choice of a few items.

Clients can choose from a menu OR clients tell volunteers what they want, and the volunteers select and bag the food.

Food pantry designed like a mini supermarket. Guests select and touch their own food OR can order online like a grocery store.

Benefits of Client Choice

- Increases dignity
- Reduces food waste
- Tailored to clients' needs and desires
- Reduces stigma
- Places our customers/guests first
- Builds equity
- Opportunities to build community
- Reduces barriers between giver and receiver
- Hybrid models in response to COVID

... We can do better



Promoting Health Equity

- Increasing access to healthy perishables
- Local produce from BIPOC farmers
- Culturally preferred and meaningful food
- Creating “nudges” for healthy behavior



Supporting Wellness at Pantries

Created in 2016

- Simple
- Intuitive
- Transparent
- Capture all food groups found in food pantries
- Create “nudges” for healthy behavior



Martin, K., Wolff, M., Callahan, K. & Schwartz, M. (2018). Supporting Wellness at Pantries: Development of a Nutrition Stoplight System for Food Banks and Food Pantries. *J Acad Nutr Diet*. <https://doi.org/10.1016/j.jand.2018.03.003>

SWAP™ GUIDE

SUPPORTING • WELLNESS • AT • PANTRIES

	CHOOSE OFTEN			CHOOSE SOMETIMES			CHOOSE RARELY								
FOOD CATEGORY	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*						
Fruits and Vegetables	≤2g	≤250 mg	0g (≤10g for Total Sugars)	100% juice and plain dried fruit are yellow.			≤5g	≤480mg	≤30g (≤24g for Total Sugars)						
Grains	First ingredient must be whole grain AND meet following thresholds:			≤2.5g	231-479mg	1-11g (15-23g for Total Sugars)	≤5g	≤480mg	≤30g (≤24g for Total Sugars)						
	≤2g	≤230mg	≤6g	≤2.5g	231-479mg	7-11g	≤2.5g	≤480mg	≤2g						
Protein	≤2g	≤230mg	≤6g	2.5-4.5g	231-479mg	7-11g	≤5g	≤480mg	≤10g						
Dairy	≤5g	≤230mg	0g (≤10g for Total Sugars)	3.5-6g	231-479mg	1-11g (15-23g for Total Sugars)	≤5.5g	≤480mg	≤30g (≤24g for Total Sugars)						
Non-Dairy Alternatives	≤2g	≤230mg	≤6g	≤2.5g	231-479mg	7-11g	≤2.5g	≤480mg	≤10g						
Beverages	0g	0mg	0g	0g	1-140mg	1-11g	≤1g	≤140mg	≤10g						
Mixed Dishes	≤3g	≤480mg	≤6g	3.5-6g	481-599mg	7-11g	≤6.5g	≤600mg	≤10g						
Processed and Packaged Snacks	None			If a grain is the first ingredient, it must be a whole grain AND meet following thresholds:			≤3.5g	≤140mg	≤7g						
				0-2g	0-140mg	0-6g									
Desserts	None			None			All desserts are red								
Condiments and Cooking Staples	Unranked. Examples include salad dressing, sauces (except tomato sauce), jelly, syrup, oils, flour, sugars.														
Miscellaneous Products	Not ranked. Examples include baby food, nutritional supplements, protein powders.														

*Use the added sugars value when available on the Nutrition Facts Label. If it is not available, use the total sugars value. The thresholds are the same for all categories except fruits and vegetables and grains.

*Use the added sugars value when available on the Nutrition Facts label. If it is not available, use the total sugars value. The thresholds are the same for all categories except fruits and vegetables, and dairy.

March 2020

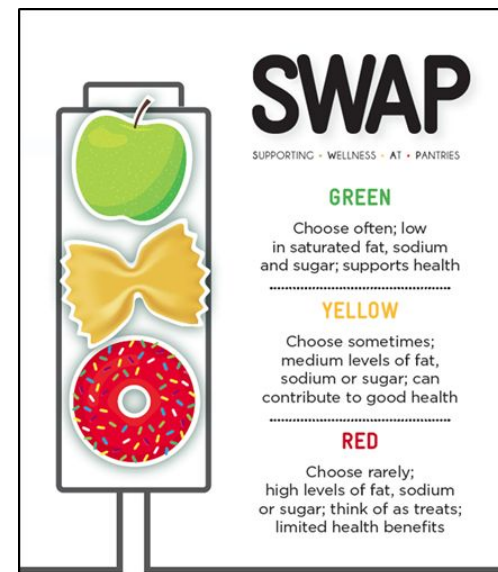


- Panel of nutrition experts and food bank staff
- Focused on what is practical for food banks and pantries

More info at healthyeatingresearch.org

**** Important Notes ****

- ❑ SWAP aligns 100% with the HER nutrition guidelines.
- ❑ SWAP is a suite of tools and resources to implement the HER guidelines in food banks and food pantries.
- ❑ SWAP can help put the HER guidelines into action.



Tools available:



Food Bank & Pantry Guide to SWAP

Revised: 2020

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FOOD BANK** | **FOODSHARE**

Institute for Hunger Research & Solutions

This project was supported by Healthy Eating Research, a national program of the Robert Wood Johnson Foundation.

Healthy
Eating
Research

Supporting Wellness at Pantries (SWAP)TM

FOODSHARE

Please see Instruction tab below for a step-by-step guide for using this tool.

Rank foods using SWAPTM by entering the name, food group and nutrition information from the food label. The system will automatically rank the food as green, yellow or red.

Food Name	Food Group	Saturated Fat (g)	Sodium (mg)	Sugar (g)	Rank
ABC Creamy Peanut Butter	Protein	2.5	140	3	Yellow
Solid White Tuna (Bumblebees)	Protein	0	140	0	Green
Fruit, mixed in light syrup	Fruits and Veges - Added Sugars	0	15	11	Yellow
Spaghetti Sauce- Ragu mushroom	Fruits and Veges - Added Sugars	0	470	10	Yellow
Chunky Beef Stew (Castleberg's)	Mixed Dishes / Combo Meals	6	970	4	Red
Dairy pure 2% reduced fat milk	Dairy - Total Sugars	3	130	12	Green
Ground coffee	Beverages	0	0	0	Green
Rice- Gulf Pacific Brown Rice	Grains: Whole Grain	0	10	0	Green
Yogurt	Dairy - Total Sugars	0	55	16	Yellow

Using the SWAP System to rank foods

Revised in 2020

FOOD	FOOD GROUP	AUTOMATIC RANK
AGAVE	CONDIMENTS	NOT RANKED
ALFREDO SAUCE	CONDIMENTS	NOT RANKED
ALMOND BUTTER	PROTEIN	
ALMOND MILK	NON-DAIRY ALTERNATIVE	
ALMONDS	PROTEIN	
ANCHOVY	PROTEIN	
ANGEL FOOD CAKE	DESSERTS	RED
APPLE CRISP	DESSERTS	RED
APPLES	FRUITS	
APPLESAUCE	FRUITS	
APRICOTS	FRUITS	

Pantry Shelf Tags and Posters



GREEN

Choose often; low in saturated fat, sodium and sugar; supports health

YELLOW

Choose sometimes; medium levels of fat, sodium or sugar; can contribute to good health

RED

Choose rarely; high levels of fat, sodium or sugar; think of as treats; limited health benefits



CHOOSE OFTEN
ELIJA FRECUENTEMENTE



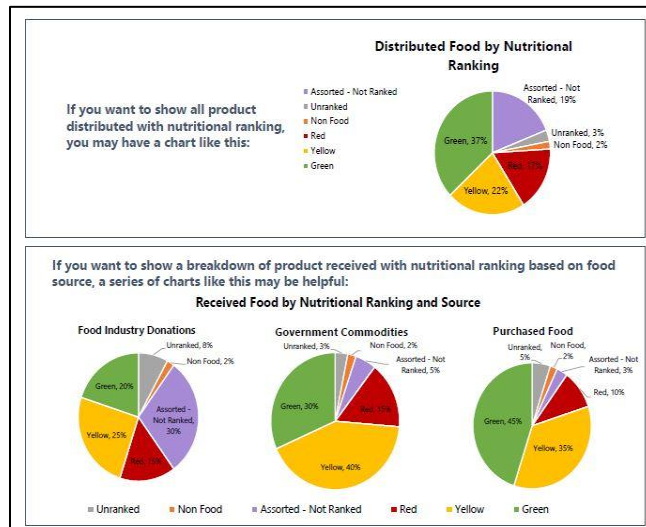
CHOOSE SOMETIMES
ELIJA VECEZ



CHOOSE RARELY
ELIJA CON POCA FRECUENCIA

How the Institute at CT Foodshare can support you:

- Tools to facilitate conversations with stakeholders
- Small group calls to share strategies



HEALTHY FOOD DONATION LIST

Supporting Wellness at Pantries (SWAP) is a system for ranking foods by nutrition to stock a food pantry with healthier food items. Please help us support the health and well-being of our clients and community by increasing the amount of healthy food you donate. Please consider giving more of the following foods:

FRUIT

- Fresh fruit
- Canned fruit, with 0g of added sugar or less than 12g of total sugar
- 100% fruit juice

WHOLE GRAINS

- 100% whole wheat or whole grain bread, tortillas, and pasta
- Brown rice
- Oatmeal
- Cereal with first ingredient whole-grain and with less than 6g of added sugar

PROTEIN

- Canned beans, low-salt (less than 230mg of sodium)
- Peanut / nut butter
- Dried beans
- Canned tuna or chicken in water

VEGETABLES

- Fresh vegetables
- Canned vegetables, with less than 230mg of sodium and less than 0g of added sugar or less than 12g of total sugar
- 100% vegetable juice

DAIRY

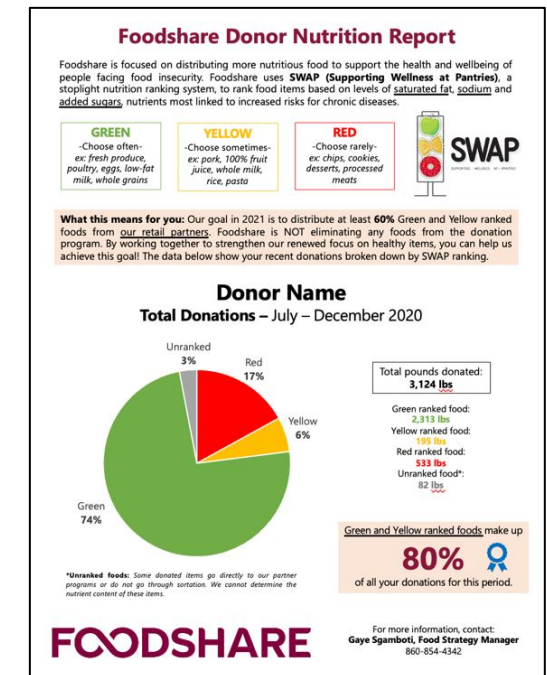
- Low-fat or non-fat shelf stable milk
- Low-fat or non-fat yogurt, with 0g of added sugar or less than 12g of total sugar

OTHER FOODS

- Canned soup or broth, low- or no salt-added (less than 480mg of sodium and less than 3g of saturated fat)
- Spices and dried herbs

Supporting Wellness at Pantries (SWAP) was developed by researchers at the University of Saint Joseph (USJ) Dept. of Nutrition and Public Health and SNAP Ed program. Funding to develop SWAP was provided by USDA's Supplemental Nutrition Assistance Program, and the Johns Hopkins Global Obesity Prevention Center.

CONNECTICUT FOOD BANK | FOODSHARE



Role of Volunteers - Who are we serving?

- Training and orientation
- Designate a greeter
- Shifting power
 - Guests as volunteers
- Trauma-informed
- Reinforce your values & mission:
 - Huddles before distributions

... We can do better



The screenshot shows the website for The Mount Kisco Interfaith Food Pantry (MKIFP). At the top, there is a navigation bar with links: WHO WE ARE / HUNGER ACTION WEEK / WHAT WE DO / FOR GUESTS / GETTING INVOLVED / CONTACT US / DONATE. Below the navigation bar is a large image of a person looking at a 'Volunteer Application' form. The text 'Volunteer Application' is overlaid on the image. Below the image, there is a section titled 'Volunteer Application' with two paragraphs of text. The first paragraph states that MKIFP does not discriminate against any applicant, employee, or volunteer regarding any term, condition, or privilege of employment or volunteer engagement on the basis of actual or perceived race, religion, color, sex, sexual orientation, age, national origin, ancestry, citizenship, veteran, or disability status, or any other classification protected by federal, state or local law or ordinance. The second paragraph states that MKIFP does not deny service to any client (defined as a resident of Mount Kisco or one of its surrounding towns, or any northern Westchester town not served by their own weekly pantry) on the basis of actual or perceived race, religion, color, sex, sexual orientation, age, national origin, ancestry, citizenship, veteran, or disability status, or any other classification protected by federal, state or local law or ordinance. Below the text are three buttons: 'CLICK TO DOWNLOAD AND READ OUR VOLUNTEER HANDBOOK', 'PLEASE READ OUR RELEASE & WAIVER', 'YOUTH VOLUNTEER PERMISSION FORM', and 'DRIVERS POLICY AND APPLICATION FORM'.

THE MOUNT KISCO
INTERFAITH
FOOD PANTRY

WHO WE ARE / HUNGER ACTION WEEK / WHAT WE DO / FOR GUESTS / GETTING INVOLVED / CONTACT US / DONATE

Volunteer Application

Volunteer Application

The Mount Kisco Interfaith Food Pantry (MKIFP) does not discriminate against any applicant, employee, or volunteer regarding any term, condition, or privilege of employment or volunteer engagement on the basis of actual or perceived race, religion, color, sex, sexual orientation, age, national origin, ancestry, citizenship, veteran, or disability status, or any other classification protected by federal, state or local law or ordinance.

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CLICK TO DOWNLOAD AND READ OUR VOLUNTEER HANDBOOK

PLEASE READ OUR RELEASE & WAIVER

YOUTH VOLUNTEER PERMISSION FORM

DRIVERS POLICY AND APPLICATION FORM

Continuum of Referrals and Connection

No Info

There is no information about community resources available to neighbors at the pantry. The focus is on providing food.

Passive

The pantry provides passive referrals. For example, there is a bulletin board or table for brochures of community resources; minimal engagement between staff/volunteers with neighbors; limited connection to community organizations.

Warm

Pantry gathers information about community resources and staff/volunteers provide warm referrals and connections to multiple agencies with 1-2 follow ups to see if the referral was successful. The pantry may host community agencies on-site to help enroll neighbors in community programs.

Wrap-Around Services

The pantry has trained staff/volunteers that are knowledgeable about community programs and provides wrap-around services to build stability and economic mobility. Trained staff meet with guests to identify goals and areas for connections. The pantry hosts on-site classes or workshops. Computers are available for neighbors to search for needed community resources.

Community Food Hubs

Community Partnerships & Wraparound Services

- Healthy cooking classes
- Health care navigation
- Financial assistance
- Advocacy
- Housing navigation
- Free tax preparation
- Goal setting & coaching
- Behavioral health
- Job search, resumes
- Fitness classes
- Continuing education





Advocate for systems change

- Create time and space to connect
- Invite those with lived experience to share
- Advisory Groups
- Identify common challenges
- Raise collective voices
- Empower community advocates
- Increase awareness of structural inequities
- Calls to Action

How will you reinvent the way you tackle hunger?

- Don't get intimidated, just get started
- Take one step
- Big goals require big changes
- If not now, when?
- If not you, who?



Thank you!!

Visit Institute's website:

www.foodshare.org/Institute



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