



LOS ANGELES REGIONAL



Fighting Hunger. Giving Hope.

All Agency Relations Conference

Pantry to Plate: Get Creative with Pantry Staples

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Agenda

1. Introduction

- a. Nutrition Services Overview
- b. Nutrition Pantry Program Overview

2. Live Cooking Demonstration

- a. Chopped Competition

3. Closing, Resources & Survey

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Meet our Team: Nutrition Services Department



**Ani
Aratounians**

Director



**Francis
Villalpando**

Manager



**Katerina
Mesesan**

Supervisor



**Yesenia
Vasquez**
Program Specialist



**Nohemi
Lopez**
Health Educator



**Tiffany
Virgen**
Health Educator



**Natalie
Pachecano**
Admin Assistant

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Nutrition Services Overview



Fight Hunger



Nutrition Classes

Join us for FREE Nutrition Classes followed by a Recipe Demo!

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. Visit www.CalFreshHealthyLiving.org for healthy tips.

CalFresh **Public Health** **LOS ANGELES REGIONAL FOOD BANK** **St. Francis Center**

Topics:

- Creating Balanced Meals
- Building a Wholesome Diet
- Understanding Labels & Ingredients
- Smart Strategies for Shopping
- Best Practices of Healthy Living

Dates:

- 04/05/24
- 04/12/24
- 04/19/24
- 04/26/24
- 05/03/24

TIME: 11:00am - 11:45 am

For more information contact:
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St. Francis Center
1835 S. Hope St.
Los Angeles, CA 90015

Empower People



Promote Health

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Nutrition Pantry Program Overview

The Nutrition Pantry Program (NPP) provides a process for implementing practical, client-centered strategies for a health-focused environment in all types of food distribution sites. It's created by Leah's Pantry based on 6 focus areas.



Environment



Cultural & Dietary Accommodations



Nutrition Education



Inventory & Purchasing



I'm nourished. I'm seen.
I'm heard. I matter.



Pantry Policies & Procedures



Community Connections

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Session Overview



We want you to leave this session with creative ideas to transform pantry boxes and share it with your neighbors

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"Chopped" Challenge

Rules:

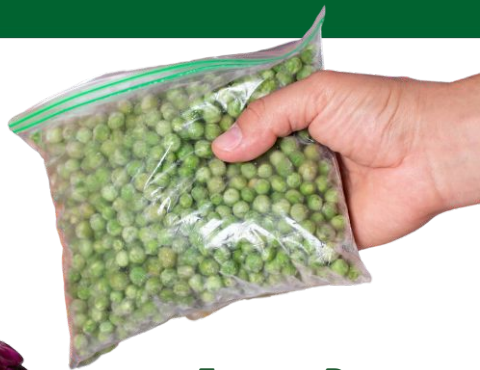
- 2 Teams enter the AR Conference Food Arena
- 2 pantry boxes
 - **4 mandatory ingredients**
- 30 minutes to make deliciousness!
- 1 Team will be victorious!



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Frozen Peas



Cereal



Red Bell Pepper



Tomato Sauce



Purple Cabbage



Summer Squash



Canned Corn



Peanut Butter



Old Fashioned Oats



Canned Garbanzo Beans



Mac n' Cheese



Canned Tuna



Fresh Figs



Kiwi

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Pantry Staples



Salt



Pepper



Fresh Citrus



Smoked Paprika



Cumin



Chili Powder



Extra Virgin Olive Oil



Garlic Powder



Honey

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Mandatory Ingredients



Protein
(Canned Garbanzos)



Vegetable
(Red Bell Pepper)



Grain
(Chef's Choice)



Fruit
(Kiwi)

Team Katerina AKA Pasta Pros



Couscous



Jalapeno



Spinach



Frozen Peas



Purple Cabbage



Canned Corn



Summer Squash

Team Ani AKA Rice Crew



White Rice



Canned Corn



Zucchini



Cotija Cheese



Chipotle Sauce



Cilantro

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Judge's Score Card

Rules:

- 5 randomly selected judges
 - 100 points max
- **Flavor - 40 pts max**
- **Creativity - 30 pts max**
- **Ease of Recipe - 20 pts max**
- **Presentation (How the dish looks) - 10 pts max**

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Team Rice Crew



Chef Ani



Sous Chef Tiffany

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Team Pasta Pros



Chef Katerina



Sous Chef Nohemi

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30 Minutes on the Clock



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Chickpea and Tomato Salad Samples



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Free Resources

5 Tips to Transform Your Pantry Box



4 New Recipes



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Resources - Digital Downloads



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Feedback



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And the winner is.....

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Questions?

