



LOS ANGELES REGIONAL



Fighting Hunger. Giving Hope.

# Nutrition Services Overview



**Please type in the chat box**

**1. Your Name**

**2. Your Organization**

**3. The Strangest Thing You Have Ever  
Eaten That You Actually Liked!**



# About Nutrition Services



**Fight Hunger**

**Empower People**

**Promote Health**





# Nutrition Services





# Nutrition Pantry Program

We offer partner agencies technical support and resources to improve their client-centered services in the following areas:

## OUR HOLISTIC APPROACH ADDRESSES ALL AREAS OF YOUR PANTRY



NUTRITION  
EDUCATION



ENVIRONMENT



COMMUNITY  
CONNECTIONS



INVENTORY



CULTURAL & DIETARY  
ACCOMMODATIONS



POLICIES &  
PROCEDURES

### Examples of Implementation

- » Training for staff and volunteers
- » Print and online resources for healthy eating
- » Posters, signage, and recipe bundles
- » Farmers market-inspired displays and distribution
- » Pantry tours for other sites to learn best practices
- » Client surveys to tailor food and services
- » New donor relationships to increase food variety
- » New cold storage to increase produce and prepared meal capacity
- » Staff training and materials to support special diets and cultural foodways
- » Recipes and resources in client languages
- » Pantry policy and procedures manual
- » Tailored nutrition policy

#### Build a healthy plate.



Place foods you want to promote at eye level



**nutrition  
pantry  
program**



# Nutrition Education

**Food Smarts is a 5-week series that provides the tools necessary to make healthy choices.**

## Topics include:

**MyPlate**

**Eat a Rainbow & Whole Grains**

**Rethink Your Drink**

**Physical Activity**

***Classes are currently offered virtually and in-person***



My Plate (USDA)





# Nutrition Education





# Cooking Demos

- Development of recipe videos and cooking demos that coincide with pantry food boxes, class curriculum, and participant requests.
- Cooking demos teach healthy new ways to cook familiar and unfamiliar foods.
- Content is used as a healthy eating resource for class participants and partnering pantry clients and staff.





# CalFresh Promotion

## Brochures



## Posters



## Social Media Posts





# Food Rx Pilot Program

**Fresh food by prescription! We partner with health clinics to assist in their food as medicine programs.**

## Healthy Heart Healthy Lives



**Yesenia Vasquez**  
Programs Specialist  
Masters in Public Health  
Benedictine University  
LA Regional Food Bank



**Lorena Wagner**  
Executive Assistant  
Masters in Business Adm.  
University of Phoenix  
LA Regional Food Bank

*Coverage for  
every stage of life™*

## A1c Test



- This blood test measures your average blood sugar levels for the past 3 months.
- A good level is **less than 7%** for people with diabetes.
- Talk to your doctor about getting this test.
- Go over your results of at your next doctor's visit.

## Recap & Homework

Myplate - a tool to remind us how to create healthy and well-balanced meals

- Make half your plate **fruits** and **vegetables**
- Add **WHOLE GRAINS**







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# Food Rx Program (cont.)

## YOU ARE INVITED!



The Los Angeles Regional Food Bank and Health Net invite you to the Food Rx Program. This program offers **FREE** health and nutrition education classes, fresh produce, other healthy Food Rx friendly foods, and recipes to share with your friends and family! Sign up today to take the steps needed to gain control of your health.

### Class Dates

**FREE**

**11:00 AM  
every other  
Tuesday**

08/17/21:	Healthy Heart and Healthy Lives
08/31/21:	Know Your Numbers – Diabetes and Blood Pressure
09/14/21:	Creating a Healthy Plate, Increasing Whole Grain and Veggie Consumption; Cooking Demo
09/28/21:	Identifying Sources of Unwanted Sugar, Cooking Demo
10/12/21:	Saving Money and Time with Shopping and Budgeting Strategies; Cooking Demo
10/26/21:	Staying Active and Understanding Chronic Disease Prevention; Physical Activity with Andy Padilla

### Registration Link:

<https://us02web.zoom.us/join/register?ZAIcO2uqT0rHt3hYLH3b1e0dMbtT8tx5zS>

Join us by Zoom or call Toll-Free:  
**888-788-0099**

Zoom Meeting ID:  
**848 7467 6149**

Passcode:  
**986184**

For questions call **Central Neighborhood Health  
Foundation** at: (323) 234-5000 Ext. 133

Participants who  
complete **Four** out  
of the **Six** classes,  
will receive a tote  
bag with gifts and a  
Certificate of  
Completion!





# Food Rx Pilot Program (cont.)

ETK 3 Box		
Item No.	Description	Quantity
PA54171P	Whole Wheat Spaghetti Pasta	1
CER4263P	Oats, Steel Cut, 24 oz.	3
PRO4616P	Mixed Vegetables, Low-Sodium	6
PRO4624P	Sliced Carrots, Low-Sodium	6
PRO4619P	Sliced Peaches, In 100% Juice or Water	5
PRO4154P	Black Beans	3









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# Worksite Wellness

We participate in our annual Health and Wellness Fair as featured experts on nutrition and health. We also have a Nutrition Corner in our internal Banana Box Newsletter where we share nutrition topics, recipes, and updates.



LA REGIONAL FOOD BANK

## Health & Wellness Fair 2020

Join us for our virtual health & wellness event!

**SEPTEMBER 16 - 18, 2020**

**Ergonomics and Safety: Working from Home and On-Site**  
September 16, 2020 @10:00am  
Presented by: Veronica Kimble, Risk Control Manager, SullivanCurtisMonroe

**Addressing Depression and Anxiety During COVID-19**  
September 17, 2020 @1:30pm  
Presented by: Debbie Matthews, VP of HR, The Holman Group

**Supporting Your Immune System Through Diet & Nutrition**  
September 18, 2020 @11:00am  
Presented by: Ani Aratounians, Director of Nutrition Services, Los Angeles Regional Food Bank

Reach out to Alexis Covarrubias to receive invites to each webinar!

## Infused Water IDEAS

Try These Refreshing Combinations

Lemon	Thyme
Cucumber	Lime
Orange	Star Anise
Watermelon	Honeydew
Lime	Ginger Root
Cucumber	Mint
Lemon	Raspberry
Orange	Blueberry

Gather loose herbs and flowers in a tea infuser.

Crush ginger and leafy herbs to release flavors.

Keep it simple. Think of flavor combos you like in other recipes and build from there.

allrecipes!

## HOMEMADE HEALTHY COFFEE BEVERAGE IDEAS

### MAKE YOUR FAVORITE COFFEE

- Dark Roast
- Light Roast
- Decaf

### ADD YOUR FAVORITE MILK

- Low-Fat Milk
- Unsweetened Vanilla Almond Milk
- Oat Milk
- Coconut Milk
- Soy Milk
- Almond Milk
- Cashew Milk
- Coconut Beverage

### ADD YOUR FAVORITE FLAVOR EXTRACTS

- Vanilla
- Peppermint
- Almond
- Orange
- Caramel

### SPRINKLE WITH YOUR FAVORITE SPICES

- Cinnamon
- Cardamom
- Nutmeg
- Cloves
- Pumpkin Pie Spice
- Ginger
- Allspice
- Star Anise

• THESE CREATIONS CAN BE MADE ICE OR HOT.  
• TO SWEETEN YOUR COFFEE BEVERAGES, YOU CAN ADD SMALL AMOUNTS OF HONEY OR AGAVE SYRUP, OR SIMPLY TRY THEM UNSWEETENED!



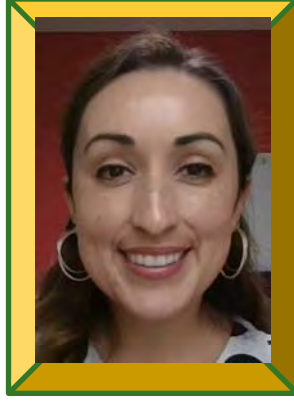
# Meet the Team



**Ani Aratounians, MS, RD**  
Director of Nutrition Services



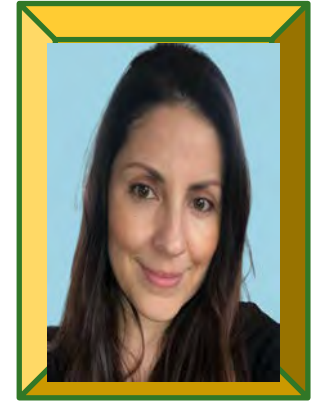
**Francis Villalpando, MPA**  
Project Coordinator



**Lillian Orta, BS**  
Assistant Project  
Coordinator/Health  
Educator



**Nohemi Lopez, BS**  
Health Educator



**Yesenia Vasquez, MPH**  
Programs Specialist



Questions?

**THANK YOU**