



# Nutrition Education at Food Distributions



# Agenda

- 1. Nutrition Pantry Program (NPP) Overview: The 6 Focus Areas**
- 2. Integrating Nutrition Education in your Pantry**
- 3. Nudging and Bundling**
- 4. Conducting Cooking Demonstrations and Tastings**
- 5. Food Safety**
- 6. Live Food Demonstration and Tasting**
- 7. Questions & Answers**

# Nutrition Pantry Program

**The NPP program makes a great pantry even greater. It lifts up the strengths of each pantry by offering technical assistance, resources, idea sharing, and connections to the community.**





# NPP Vision

Building, supporting, and certifying a network of client-centered, health-focused food distributions





# Benefits of Participation

- Flexible, customizable & user friendly
- Combines best practices of healthy pantry work with trauma-informed principles and processes
- Pantries join a network of certified organizations
- Recognition in the community and with funders
- Leadership opportunities through presentations, trainings, conferences, and mentorship of other pantries
- Motivation and alignment opportunity for staff, volunteers, b members
- Pantries receive 1:1 support from LARFB
- No cost





# NPP Focus 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

“ We are currently using a bundling display for recipes... and working on a client survey. Our staff has been doing a great job and we are almost ready for Gold certification. Thanks again for all your help!”

—CATHOLIC CHARITIES FRESNO, NPP Certified Pantry



“ Our volunteers and participants are very happy with the outcome of NPP. We now have a great deal of nutrition education resources, a new refrigeration unit to house more fresh food, and a growing onsite garden!”

—COMMUNITY RESOURCE CENTER, ENCINITAS, NPP Certified Pantry





# Methods for Integrating Nutrition Education





# Nudges



**R**efers to the practice of subtly guiding or influencing people's choices towards healthier or more desirable options when they are selecting items from the pantry. In a pantry setting, nudges can be used to help clients identify, select and utilize healthy or unfamiliar foods.



## What Foods Should You Highlight?

- ✓ **Fresh fruits & vegetables** – especially those that are unfamiliar
- ✓ 100% whole grains (rolled oats, wild rice, barley, etc.)
- ✓ Whole grain pastas, breads, tortillas, etc
- ✓ Eggs
- ✓ Nuts, seeds, beans, lentils
- ✓ Plain milk, yogurt, unsweetened alternative milks
- ✓ Foods important to your clients





## Strategic Placement

1. **Placement** - Place fruits and vegetables *before* other foods in line.
2. **Placement** - Place healthy foods at *eye level* in *easy to reach* location.



Place Items  
You're Trying  
to Promote at  
Eye Level



## Make it Attractive

### 1. Environment Upgrades - Simple upgrades to displays



## 2. Environment Upgrades - Give the impression of abundance through “fronting” & consolidation

**Before**



**After**



**Before**



**After**





### 3. Environment Upgrades - Utilize colorful signage when possible. “Primes” clients.



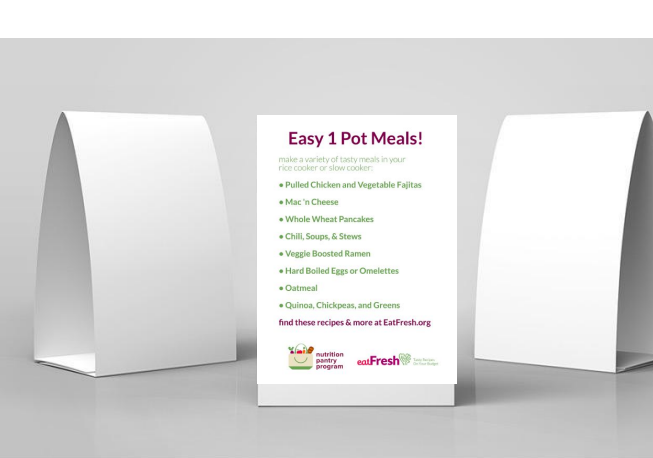
CCNP Nutrition Resource Table





St. Joseph Center Pantry Entrance

## Signage

1. **Signage** - Use signs to highlight healthy, unfamiliar and underutilized foods
2. **Signage** - Use signs to provide tips on preparation & usage
3. **Recipes** - Provide recipes for common & uncommon foods



**Winter Squash**

**Foods Included**  
Pumpkin, Acorn, Butternut, Red Kuri, Kabocha, Spaghetti, Delicata, Cushaw

**Description**  
Winter squash come in a variety of colors and shapes and have a hard outer shell. They are always cooked before eating.

**Buy It**

- Choose solid & heavy squash.
- Skin should be a deep color.
- Avoid cracks, soft spots, and moldy areas.

feedback

*How Do I Use this Food?*



# Bundling

**R**efers to the practice of packaging a variety of food items to offer balanced, nutritious meals to individuals or families in need, without restricting their choices. This approach helps food pantries distribute resources effectively and provide valuable assistance, enabling recipients to prepare balanced meals even with limited resources.





## Creating Nutritious Food Bundles for Clients

**Step 1.** Select 2-4 items from today's distribution that span different food groups (Vegetables, Fruit, Protein, Grains, or Dairy).

**Step 2.** Explore ways to combine these items into a balanced meal across at least two food groups.



**Step 3.** Clearly display the selected items with a "We Go Together!" sign where clients can easily see them. If you want to suggest an additional ingredient not available at the pantry, use the "Just Add" sign.

**Step 4** Showcase a recipe using a preprinted recipe card, a whiteboard, or a chalkboard for added inspiration.

**Step 5.** Engage with clients, sharing the recipe or meal ideas you've created. Be knowledgeable about the available ingredients and ask clients for their favorite bundling ideas! Encourage creativity and healthy meal planning.





# Food Demos and Tastings

Supplies

Recipe Requirements and Criteria

Ingredients Used

Demonstration Appearance

Communicating Information





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# Supplies

## **Food Prep Kit**

Set of bowls with lids  
Set of knives  
Cutting boards  
Small bowls with lids  
Serving spoons  
Set of measuring spoons  
Set of measuring cups  
Utensil set  
Strainer  
Potato peeler  
1 pot  
1 pan

## **Cleaning Kit**

1 Gloves (small and medium)  
1 Antibacterial cleaning wipes  
1 Antibacterial gel  
1 Dish sponge and soap  
1 Paper towel roll  
1 Trash container  
1 Trash bag roll



## Food Demo Kits contd.

### **Day of demonstration kit:**

Serving trays

Cooler bags

Serving cups

Ice packs

Plastic spoons

Cart

Serving utensils

Utensil holder

Tablecloth

Napkins

Plastic roll

Serving cup covers

# Recipe Requirement and Criteria

Recipes selected for food demonstrations must be SNAP-Ed allowable. The USDA uses the following criteria to approve SNAP-Ed recipes

1. Recipes are appropriate for programs based on the 2020 U.S. Dietary Guidelines for Americans.
2. Recipe must include yield. Serving size is preferred but not mandatory.
3. Recipes appear to be accurate/tested.
4. Recipes use low cost, readily available ingredients.
5. Recipes use precise and simple measurements.
6. Recipe instructions follow the order of ingredients.
7. Recipes can be prepared relatively quickly. Those that include an estimated amount of time to prepare and cook are given preference.
8. Recipes are easy to read with clear and few instructions.
9. Recipes use no more than 15 ingredients.
10. Recipes list basic equipment needed.
11. Recipes follow appropriate food safety precautions and/or cooking temperature recommendations.



## Recipe Requirements cntd.

*Recipes found on these websites are all allowable:*

- <https://eatfresh.org/>
- <https://snaped.fns.usda.gov/nutrition-education/recipes>
- <http://calfresh.dss.ca.gov/healthyliving/eating-healthy>
- <https://www.myplate.gov/myplate-kitchen/recipes?f%5B0%5D=program%3A128>
- [www.foodhero.org](http://www.foodhero.org)
- All Champions for Change recipes
- All DPH issued recipe books: ie. Flavors of My Kitchen, Kids Get Cooking, Everyday Healthy Meals



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## Ingredients Used

- Choose budget friendly items so participants can recreate at home
- Choose fresh ingredients but also try to think of what can be replaced by canned or frozen items
- Choose items with little to no sugar as well as little to no sodium
- Plan ahead what recipes you will make so you can choose items that they they receive from the food distribution

# Demonstration Appearance

To ensure you capture attention during food demonstration activities, keep in mind the following tips

- Make the table and the surrounding area tidy and colorful.
- Display plenty of the fruits or vegetables that are highlighted in the selected recipe and have all the ingredients on display
- It is helpful to have one person prepare the food while another person presents information and speaks to the audience during the demonstration.





# Communicating Information

During the course of a food demonstration or taste test activity, it is not only important to provide participants with a sample of the product and instructions for recipe preparation, but it is equally

it is important to take advantage of this teachable moment to communicate the importance of eating the recommended amount of fruits and vegetables every day. You will have to be flexible and able to deliver short, simple messages that speak to the participants' needs. While you are demonstrating the preparation of a recipe, deliver helpful, simple messages about:

- Ingredient selection
- Health benefits
- Preparation
- Serving suggestions

# Importance of Food Safety



1. Ensures the health and well-being of participants
2. Prevents foodborne illnesses
3. Builds trust and credibility with your audience
4. Promotes good hygiene practices

# Food Safety Protocols

- 1. Obtain ServSafe certificates for staff members that will be handling food and doing demos.**
- 2. Develop Food Demo Safety Policies and Procedures for your organization.**
- 3. Conduct food safety trainings twice a year.**
- 4. Conduct food safety audits every month.**





# Food Safety Practices

## 1. Hand Washing

- Wash hands with soap for 20 seconds in hot running water
- Vigorously scrub hands, arms and under nails
- Repeat hand washing after touching your body, hair, bathroom use, taking out garbage, sneezing, handling chemicals before putting on gloves
- Do not touch ready to eat foods with bare hands
- Wear gloves for all food handling
- Change gloves in between varying food items, if they become soiled or if you touch anything else besides from the food
- Hand sanitizer are not a replacement for hand washing





## 2. Nail Care

- Keep nails clean
- Keep nails short (flushed to the tip of the finger; anything longer needs to be cut)
- No jewelry on nails
- With or without polish, gloves must be worn at all times when handling food



### 3. Cleaning & Sanitizing

#### ❖ Be extra diligent about cleaning and sanitizing

- Kitchen spaces (sink, prep area, stove, fridge, floor).
- Equipment (bowls, pans, tupperware, cutting boards, blender)
- Utensils (spoons, measuring cups, knives)
- Wrap clean, ready to use utensils in plastic wrap for travel
- Food contact surfaces (countertop, tables)
- Transport vessels (insulated bags, ice sheets, plastic bins, carts)

#### ❖ Cleaning vs. Sanitizing

- Cleaning removes dirt and sanitizing reduces pathogens to safe levels



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### 3. Allergen Awareness

- ❖ Be aware of the 8 common food allergens:
  - Nuts
  - Dairy
  - Wheat
  - Fish
  - Crustacean shellfish
  - Tree nuts
  - Peanuts
  - Soybeans
- ❖ Inform your audience of any potential allergens in your dishes.
- ❖ If possible, have allergy-friendly alternatives or substitutions ready for allergen-sensitive individuals.



# Food Demo and Sampling

## Quinoa Veggie Salad





# Questions?



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# Resources

## Environment

### [Nudges 101](#)

Bundling 101, Meal Ideas, & Bundling Nutrition ([English](#) | [Spanish](#))

Bundling Posters ([Meals](#) - [Snacks](#))

[Sample Bundling and Nutrition Ed Tables](#)

Tasty Tip Ideas and Signage ([English](#) | [Spanish](#) | [Chinese](#) | [Russian](#) | [Vietnamese](#) | [Arabic](#))

Additional Tasty Tip Signage ([revive hard bread](#) | [blank tasty tips](#))

Sodium/Salt Tips & Signage ([English](#) | [Spanish](#) | [Chinese](#) | [Russian](#) | [Vietnamese](#) | [Arabic](#))

[Sugar Tips & Signage](#)

[Signage \(shelf labels | choose blank of these | family size/item quantity\)](#)

[Blank Signage \(full page | half page | quarter page | eighth page\)](#)

## Nutrition and Culinary Education

[EatFresh.org Best Practices for Distribution Sites](#)

[EatFresh.org Scavenger Hunt](#)

[Food Demonstration Planning Template](#)

Eat the Rainbow poster ([English](#) | [Spanish](#) | [Chinese](#) | [Russian](#) | [Vietnamese](#) | [Arabic](#))

[Key Messages Poster Preview](#) (Available in Arabic, Farsi, Korean, Spanish and Vietnamese)

[Decoding Food Labels \(PDF from Food Smarts\)](#) ([English](#) | [Spanish](#) | [Vietnamese](#))

[EatFresh.org Mini Course Promo Flyers \(Preview\)](#)

[Food Smarts Nutrition Education handouts](#) ([English](#) | [Spanish](#) | [Vietnamese](#))

[Table Talkers](#)

[Microwave Recipes](#)

## More Resources

Houston Food Bank Nudges <https://www.houstonfoodbank.org/our-programs/nutrition-education-nudge/>

Feeding America Nudges Report: The Power of Nudges

[http://hungerandhealth.feedingamerica.org/wp-content/uploads/legacy/mp/files/tool\\_and\\_resources/files/fea-16-002-fea-nudgesreport-final.pdf](http://hungerandhealth.feedingamerica.org/wp-content/uploads/legacy/mp/files/tool_and_resources/files/fea-16-002-fea-nudgesreport-final.pdf)

Los Angeles Regional Food Bank Cooking Videos ([English](#) | [Spanish](#))