



# Nutrition Spectrum for Agency Engagement

How we got agencies at the Redwood Empire Food Bank talking about nutrition

# My story



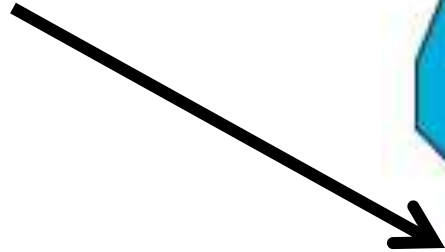
# The Redwood Empire Food Bank and Nutrition for direct service programs:

- $\frac{3}{4}$  of our meals are through our 13 programs
- $\frac{1}{4}$  of work is through 178 agencies (300+ sites)

## Our nutrition practices:

- No soda, no candy (in place for a decade)
- 50% Produce in warehouse
- My Plate Guidelines used to guide purchasing product and accepting donated product NEW!

# 5 Counties





# REFB Programs focused on Nutrition

## Farm to Family

### Harvest Pantry



As a mostly rural food bank, we have lots of small agencies...





This is an inter-faith church pantry...



Elisha's Pantry

# Volunteers from a monastery in Annapolis, a 3 hour drive from the food bank!



**Sally and Nancy from Starcross Church Community**



# Nutrition Labels



**RED means Use Sparingly.** Red light foods are foods you want to limit as much as possible. Always read the ingredient list and look at the Nutrition Facts Panel to see how much sugar, salt and fat a product contains.

**YELLOW means Use in Moderation.**

Yellow light foods are foods that are OK to eat on occasion. Just like the yellow light means to slow down, you don't want to eat too many of these foods.

**GREEN means Use Often!** Green foods make your body feel and work its best. Many green light foods are fruits & veggies, beans, nuts, seeds, and whole grains.

## WHY THE COLOR MATTERS

Who could have known traffic lights could potentially guide not only people driving through traffic, but also people making healthier food choices as well?





**The Children's Village Shelter**

Our first agency shopper training was  
2 years ago.







We have 178 Agency  
Partners:  
Introduce yourself to  
your neighbor!


# Survey: What do you want in the agency store?

Take a stand. Where do you fall on the spectrum?

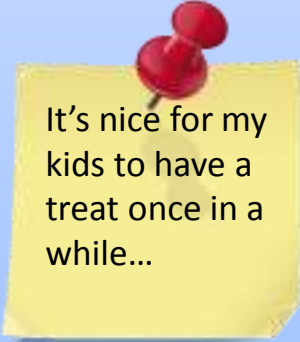
Do you think we should limit the kinds of foods we have available in the Agency Store in favor of only “healthy” foods? Or, should we go back to carrying soda, chips, and other “junk” foods?

Write your reasoning on a post-it note. You can write two or three different perspectives and place them on the wall.

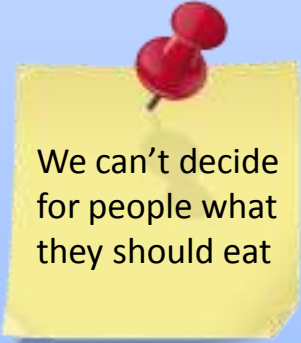
Healthy food only →      →      → ←      ←      ← Everything is ok



Healthy  
foods are  
more  
expensive



It's nice for my  
kids to have a  
treat once in a  
while...



We can't decide  
for people what  
they should eat

# Debate is a good thing!





# Taking a stand for our clients

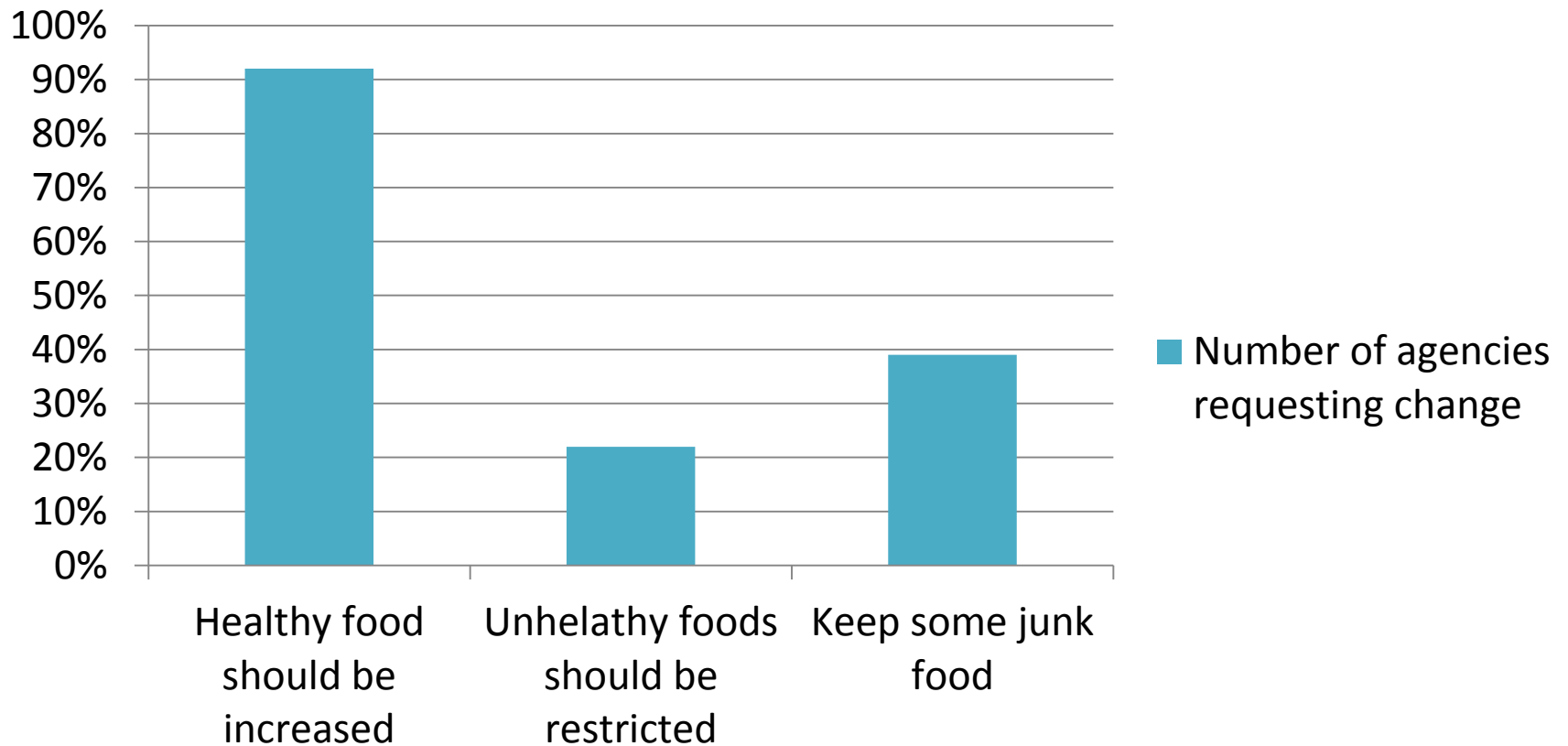


# Strengthening the Network



# 2015 data

## What should be in the warehouse?





# Common assumptions food pantries can have about their clients

- People just choose to buy junk. It is possible to eat healthy on a small budget.
- Recipients should be grateful for any type of free food they get from us.
- The food we give out at our pantry couldn't effect the overall diet of a family.

(Read selections from Agency responses).

So, where do we go from here?

# What is the underlying question?



# Food Justice means offering clients Nutrition, Education, and Advocacy

- Offer information about food prices, food deserts, farm bill subsidies, and average income of participants (cultivate compassion)
- Ask if their group has nutrition guidelines
- Offer materials and advice for providing nutrition education
- Tell them they can limit retail pickup
- Invite agencies to our advocacy actions

Please contact me with further questions:  
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