Strengthening Access to Fresh, Local, Healthy Foods Through Community Food Assistance

Food Systems Toolbox Webinar Series
Thursday April 11th, 2013
1-2p.m.
WELCOME!

Lisa Walvoord

lisawalvoord@livewellcolorado.org
Objectives

- Become more familiar with efforts to increase healthy food offerings in non-profit food assistance in Colorado, from policy to programs
- Hear about existing and potential efforts to grow partnerships between farmers, gardeners, and food assistance programs
- Learn about key state and local partners to help you do this
- Discuss action steps to initiate and grow these programs in your community
Agenda

- Welcome!

- Presentations:
  - Community Food Share: Nutrition Policy
  - Care and Share Food Bank: From Hunger to Health
  - Food Bank for Larimer County: Increasing Fresh Produce
  - Produce for Pantries: New Partnerships for Gardeners

- Closing Thoughts

- Open Q&A
Today’s Presenters

Lisa Walvoord  
LiveWell Colorado

Tom Reed  
Community Food Share

Melissa Marts  
Former Chief Programs Officer, Care and Share Food Bank

Karen McManus  
Food Bank for Larimer County

Dana Miller  
Produce for Pantries
The purpose of the Nutrition Policy Statement is to document Community Food Share’s commitment to providing healthy food choices.
Community Food Share
Tom Reed

Food Insecure Individuals have access to nutritious food

**Policy:** Community Food Share, whenever feasible, will purchase low sodium canned vegetables, low fat protein foods, and whole grain products. CFS will procure more fresh fruits and vegetables, will minimize the use of financial resources to procure foods that are not low sodium, low fat or whole grain and will not actively pursue donations of unhealthy foods.
Community Food Share
Tom Reed

Applicability:
This policy applies to all incoming food, with particular focus on purchased items and any other items that require financial resources to acquire.

Definition of Terms:
“Whenever feasible” means that meeting the guidelines is first priority but can be bypassed if food is not available to purchase within fiscal parameters, food is not physically available and is part of the core inventory, a demonstrated lack of interest from clients has been documented and food is not rotating out of stock, and a specific demand by clients for a particular item can be documented.
Definition of Terms (cont)

“Low sodium” is defined by FDA regulations. Low sodium will be identified by using the nutrient claim on the food package.

“Low fat protein foods” include, but are not limited, to canned meals containing protein such as beef stew, beef ravioli and chicken noodle soup and identified as low fat on the food package.

“Made from whole grains” is the equivalent of a whole grain listed as the first ingredient on the food label. Examples of whole grains include, but are not limited to brown rice, or whole wheat pasta.

“Unhealthy foods” are those with high fat/saturated fat/cholesterol, high added sugar and sodium and high calorie content combined with minimal vitamins and minerals such as soda pop, candy, energy drinks, cookies, etc.
Policy Authority: In the case of interpretation or clarification of intent, questions can be directed to the Food Procurement Manager. The Director of Operations must review final decisions or interpretations.

Next Required Review Date: This policy should be reviewed annually.
Community Food Share
Tom Reed

### Community Food Share
Receipt Inquiry by Nutrition
For Period 7/1/2012 to 4/3/2013

<table>
<thead>
<tr>
<th>Nutrition Value/Description</th>
<th>Total Quantity Received</th>
<th>% of Total</th>
<th>Total Weight</th>
<th>% of Total</th>
<th>Food Bank Cost/Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>0   Non Food - No Value</td>
<td>36,668</td>
<td>0.99%</td>
<td>64,740</td>
<td>1.05%</td>
<td>$107,468.73</td>
</tr>
<tr>
<td>1   Green</td>
<td>1,883,802</td>
<td>50.14%</td>
<td>3,613,347</td>
<td>58.82%</td>
<td>$5,875,792.00</td>
</tr>
<tr>
<td>2   Yellow</td>
<td>100,930</td>
<td>2.72%</td>
<td>428,249</td>
<td>6.97%</td>
<td>$488,747.30</td>
</tr>
<tr>
<td>3   Red</td>
<td>28,503</td>
<td>0.77%</td>
<td>330,709</td>
<td>5.38%</td>
<td>$455,103.50</td>
</tr>
<tr>
<td>4   Minimal Contribution</td>
<td>153</td>
<td>0.00%</td>
<td>2,925</td>
<td>0.05%</td>
<td>$4,855.50</td>
</tr>
<tr>
<td>5   Not Rated</td>
<td>1,686,794</td>
<td>45.36%</td>
<td>1,702,888</td>
<td>27.72%</td>
<td>$2,826,802.36</td>
</tr>
</tbody>
</table>

**Total Received for the Period**

- Total Quantity Received: 3,716,848
- Total Weight: 6,142,857
- Total Food Bank Cost/Value: $9,738,769.99

#### Nutrition Value - Weight

- Green: 58.8%
- Minimal Contribution: 0.0%
- Non Food - No Value: 1.1%
- Not Rated: 27.7%
- Red: 5.4%
- Yellow: 7.0%
- Total: 100.0%

#### Nutrition Value Rated Only - Weight

- Green: 82.6%
- Minimal Contribution: 0.1%
- Red: 7.8%
- Yellow: 9.8%
- Total: 100.0%
Care and Share Food Bank for Southern Colorado
Melissa Marts

What We Do

Feed folks in need in 31 counties throughout Southern Colorado

55,000 square miles of need and opportunities

160,000 people who are food insecure

54,000 children who are food insecure
Who We Were 2008

- Served 11 out of 31 counties
- Basic hunger relief – TEFAP, donated supplemental food, low nutrition, aged produce
Who We Are 2013

- Impact Grant $100,000
- Pikes Peak Urban Gardens
- Local School Districts 1,000 children to 8,000
- Cooking Matters and SNAP
- Nutrition Policy
- Serving Seniors

For more information: Jennifer Mariano
- jennifer@careandshare.org
Food Bank for Larimer County
Karen McManus

Food Resource Manager
Current Overview

- THE CONNECTION BETWEEN HUNGER AND HEALTH
- OUR ROLE AS A FOOD BANK
- IMPACTING PUBLIC HEALTH IN A POSITIVE AND SUBSTANTIAL WAY
Food Bank for Larimer County
Karen McManus

Achieving That Positive Impact: What We’ve Done So Far

- Evaluated systems in our warehouse
- Created new categories for the food we bring in
- Created a rating system for all categories
- Hired a food resource manager to consistently seek out new ways to bring in fresh, local food
RATING THE FOOD THAT COMES THROUGH OUR DOORS

Food Bank for Larimer County
Karen McManus

Food In
- FA Choice System
- Grocery Pick-up
- Food Drives
- Farms, local produce
- Purchased Food

Nutrition Rating
Based on Dietary Guidelines and current nutrition science:
(1) Best Choice
(2) Choose occasionally
(3) Choose Rarely

Example of nutrition criteria used: calorie limit, % calories from fat and sugar, sodium, fiber, protein, other key nutrients

Food Out
- Food Share
- Food Link
- Kids Link
Next Steps

- DETAILED IMPLEMENTATION WITH OUR CLIENTS AND AGENCIES
- CONTINUE WORK ON OUR RATING SYSTEM
- COMMUNICATE OUR WORK TO OUR DONORS AND BRING THEM INTO THIS FOCUS
THE ROLE OF THE FOOD RESOURCE MANAGER

SECURING FRESH LOCAL FOOD
<table>
<thead>
<tr>
<th>Securing Food in a Variety of Ways</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>CHOICE SYSTEM</td>
<td>COMMUNITY ENGAGEMENT</td>
</tr>
<tr>
<td>GROCERY RESCUE</td>
<td>PURCHASING LOCALLY</td>
</tr>
<tr>
<td>FARM TO FOOD BANK</td>
<td>FARMERS MARKETS</td>
</tr>
<tr>
<td>GLEANING</td>
<td>SCHOOL DISTRICTS</td>
</tr>
<tr>
<td>FOOD DRIVES</td>
<td>CITIZEN EFFORTS</td>
</tr>
<tr>
<td>SOURCING TO EXCESS</td>
<td>PLANT IT FORWARD</td>
</tr>
<tr>
<td>COMMUNITY GARDENS</td>
<td>PLANT A ROW</td>
</tr>
</tbody>
</table>

Food Bank for Larimer County
Karen McManus
Plant it Forward

Plant

Cultivate

Donate Your Garden Produce to the Food Bank for Larimer County

Weekday Drop Off:
Mon.-Fri.: 8 a.m.–4 p.m.
Food Bank for Larimer County
1301 Spruce Dr.

Weekend Drop Off:
Sat: 9 a.m.–4 p.m.  Sun: Noon–5 p.m.
Gardens on Spring Creek
2145 Centre Ave.

Share

Nourish
THANK YOU!
Produce for Pantries
Dana Miller

Mission of Produce for Pantries

P4P encourages home, school and community gardeners to plant, grow and share food with food pantries and others in their neighborhoods.

Vision

We envision vibrant Colorado communities working together to address hunger by growing and sharing food.
Produce for Pantries
Dana Miller

Participating Organizations
- Grow Local Colorado
- Share our Strength (Cooking Matters)
- Denver Urban Gardens
- Slow Food Denver
- LiveWell Colorado
- Hunger Free Colorado
Produce for Pantries
Dana Miller

Participating Organizations (cont.)

- No Kid Hungry
- Plant a Row for the Hungry
- Yardharvest
- Denver Food Rescue
- Brighton Shares the Harvest
- Saint John's Episcopal
- Metro CareRing
- Food Bank of the Rockies
Food Safety Guidelines for your Garden Harvest

Thank you for helping your neighbors in need by donating fresh produce! It is important to consider the safety and quality of the food being donated by following these simple guidelines for your harvest.

Would you eat it?

– Please donate high quality produce to the food pantries.

Personal Hygiene

– Prior to any harvesting, use proper hand washing techniques (wash hands for 20 seconds using warm water and soap, rinse and dry with a clean or disposable towel, or air dry).
Food Safety Guidelines for your Garden Harvest (cont.)

Safe Harvesting

- Ideal containers are plastic baskets, plastic bowls or coolers.
- Clean all containers, scissors or other harvesting tools with warm, soapy water prior to harvest.
- Sanitize by spraying with a solution of 1 teaspoon bleach per quart of water, allow to stand for several minutes, rinse and air dry.
- Although not required, large pieces of dirt can be removed from the produce by shaking gently and/or rinsing with water from the garden hose.
Produce for Pantries
Dana Miller

Food Safety Guidelines for your Garden Harvest (cont.)

Safe Storage

– Ideally, produce will be delivered to the pantry on the same day it is harvested, reducing the need for home storage.

– If produce needs to be stored, please place produce in a food-grade plastic bag, store on the top shelf of a clean refrigerator away from raw animal products and without exposure to open containers.
Safe Delivery: Transport in a cooler that has been cleaned with warm, soapy water and sanitized by spraying with a solution of 1 teaspoon bleach per quart of water, allow to stand for several minutes, rinse and air dry. If ice is used, please make sure ice is made from clean, potable water.

As a donor you are protected by the “Bill Emerson Good Samaritan Food Donation Act” (http://www.gpo.gov/fdsys/pkg/PLAW-104publ210/pdf/PLAW-104publ210.pdf). This law protects donors from civil and criminal liability should the product donated in good faith later cause harm to the needy recipient.
Questions?
Speaker Contacts and Key Resources

- Lisa Walvoord – lisawalvoord@livewellcolorado.org
- Tom Reed- treed@communityfoodshare.org
- Melissa Marts- director@wrainc.org
- Karen McManus- kmcmanus@foodbanklarimer.org
- Dana Miller- pompomdana@gmail.com

Resources Mentioned By Speakers
http://www.communityfoodshare.org
http://careandshare.org
http://www.foodbanklarimer.org

Produce for Pantries’ Food Safety Guide-
More Resources

Other Key Resources

- www.livewellcolorado.org/foodsystems
- Detailed food safety tips for food banks accepting donations of healthy food and farm products
  http://cofarntomarket.com/additional-information/food-bank-donations/
- A report highlighting the Iowa Food Policy Council backyard garden to food pantry project
- A checklist by Denver Urban Gardens for establishing a garden to food bank program
Thank you!

Thank you for joining us! Please join us for next month’s webinar:

Food and Nutrition Education: Connecting Youth and Communities to their Food System
May 9th, 2013
1-2pm