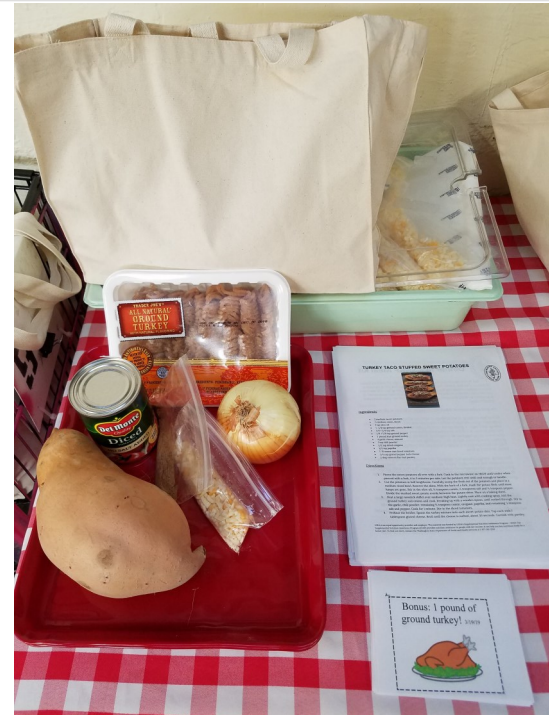
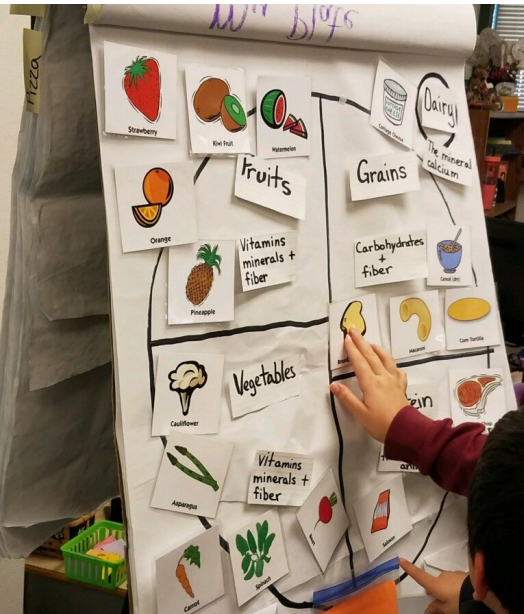




Thurston County Food Bank

Nutrition Education Team and SNAP-Ed



Neighbors Helping Neighbors Since 1972

Policy, System, and Environmental Changes (PSE)

- Increases likelihood of taking and enjoying healthy food options through
 - Food samples, recipes, meal kits
 - Point of purchase prompts, signage, item placement
 - Staff & volunteer training

Direct Education Nutrition Classes

- Increases access to healthy food options
- Creates relationships for class participants
- Provides an avenue to access additional services
- Builds community through partnerships

Target Audience:

- Categorically eligible elementary schools (at or above 50% free and reduced lunch)
- Food Pantry Satellites at senior centers and low-income housing sites

May, 2019



Focus Areas

Food Banks/Satellites
Low Income Housing
Elementary Schools



Nutrition Ed Team

Facilitate educational opportunities for children in school gardens and classrooms.



SNAP-Ed Funding

Provide nutrition education for people who are eligible for SNAP/Basic Foods.

Recipes/Food Demos/Samples

- The Nutrition Education team develops recipes using items that are readily available at the Food Bank, or are easily accessible and affordable at stores, for our customers to take home. We try to showcase ingredients that we have in abundance using innovative and different recipes. (Example: Black Bean Brownies) We have also had success in adding a healthy twist to a well-liked recipe! (Example: Sweet potato mac and cheese)
- We often cook these recipes in our kitchen and give out samples for our customers to try. This increases the likelihood that someone will take the recipe and the ingredients and make it at home! (Example: Celeriac)
- We sample simple items such as grapefruit that do not look as unappealing on the outside but are sweet and juicy on the inside or unfamiliar like celeriac or blood oranges.
- We also travel to our satellite food pantry locations and provide samples and recipes. We are working on creating a support system for satellite volunteers to take ownership over creating and distributing samples and recipes for themselves.

Meal Kit Bags (Dinner in a SNAP)

- Developed and created Meal Kits that contain a healthy recipe and all the ingredients for making the recipe, including the spices, and put it into a reusable shopping bag. We create samples of the recipe for people to try. This is a great way to get people to take healthy items that we have in abundance at the Food Bank! (Taco Turkey Stuffed Sweet Potatoes)

Point of Purchase Marketing

- Food pantry signage that shares nutrition information and consumption suggestions for customers about an item such as whole grains.
- Often focus on produce to provide information about unusual items that some customers have not come across before (ex. Kohlrabi or celeriac). This is a great way to showcase the locally grown in-seasons items we get from our gleaning and Kiwanis Garden programs.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity employer.

FFY19 Highlights

- Began creating and distributing recipe and nutrition education handouts to be included in our Commodity Supplemental Food Program (CSFB) boxes for low-income seniors.
- Registered and participated in national Whole Grain Sampling day, one of only two participants in WA state!
- Held our first annual Satellite Summit where we shared information about food pantry best practices around nutrition with our satellite pantries.
- Participated in several Multicultural events at elementary schools in the North Thurston School District where we provided nutrition education, samples of healthy recipes such as hummus, and shared about local resources for families in attendance.
- Distributed 600 mini greenhouse projects for children, promoting growing food and using SNAP benefits to purchase seeds and food producing plant starts.

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