

Using the Healthy Food Pantry Assessment Tool to Implement Environmental Interventions at the Stanwood Camano Food Bank

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Introduction

- Food insecurity is associated with poor mental & physical health
- Food banks are valuable resources to families who are struggling with food insecurity
- Thus, it is important to evaluate their impact on clients, especially in terms of nutrition and health
- However, there are currently no reliable assessment tools to evaluate food bank environments

Project Goals

1. To inform the development of a final environmental assessment tool to systematically evaluate the relative healthfulness of food pantries
2. To facilitate environmental changes at the food bank level

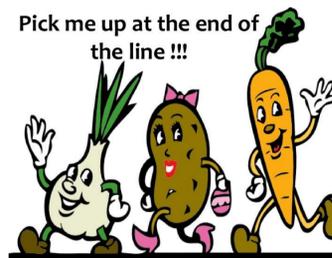
Methodology

1. Reviewed the Pre-Healthy Food Pantry Assessment that was completed in Fall 2016
2. Identified appropriate and feasible interventions for the Stanwood Camano Food Bank
3. Implemented interventions and conducted Post-Healthy Food Pantry Assessment
4. Analyzed the pre & post-assessments, documented interventions and compiled resources for the Food Bank

Interventions

Waiting Area

“Nudging” to encourage clients to pick up more fruits and vegetables



Signage



Bulletin Board: Feature of the Month

Taste Tests & Recipe Cards

Improve clients knowledge and experience



Recipe Cards

Nutrition Policy

Toolkit on how to engage stakeholders and prioritize nutrition policies

Cooking Demonstration

Videos to encourage clients to cook with ingredients from the Food Bank

Backpack Program

Recipes and meal combinations to facilitate provision of healthy items to students enrolled in this program



Taste Testing with Archie, a volunteer

Results & Conclusion

- 12 points (18%) score increase in post-assessment:
 - Improved walkability
 - Increased signage
 - Greater variety of fresh fruits and low-fat dairy
 - Greater proportion of low-sodium and low-sugar canned goods, and whole grains
 - Provision of food samples and recipes to clients
- Improved score not solely attributed to implemented interventions
- Successful interventions are dependent on collaboration with stakeholders and other organizations to improve the Food Bank environment

Future Directions

The Stanwood Camano Food Bank is determined to continue these interventions, with the support of dedicated volunteers and the compiled resources



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