



Homeless Nutrition Education Toolkit

A Resource for Nutrition
Educators and Emergency
Food Providers

Sabrina Hamm
Emerson National Hunger Fellow
2011-2012





Table of Contents

| | |
|--------------------------------------------------|----|
| Acknowledgements | 3 |
| Introduction | 4 |
| Using the toolkit | 5 |
| Limitations and Considerations | 7 |
| Lessons from the Pilot | 9 |
| Nutrition Education Lessons | |
| Introduction to Healthy Eating | 10 |
| Nutrition Fact Label Reading | 14 |
| Food Safety | 17 |
| Smart Shopping: Options 1 and 2 | 19 |
| Without a Kitchen | 22 |
| Workshops | |
| Solar Cooking | 25 |
| Portable Garden | 26 |
| Nutrition Education Materials | 28 |
| Emergency Food Provider Resources | 35 |
| Nutrition Education Additional Resources List | 42 |
| Local Directory | 67 |
| National Advocacy | 68 |
| Appendix | 69 |



Acknowledgements

Many people and organizations have helped to develop the Homeless Nutrition Education Toolkit. Their hard work and guidance is greatly appreciated.

***Hawely Allen**
Nutritional Consultant

***Margie Erwin, MS, RD**
Nutrition Program Coordinator
Center for AIDS Research,
Education and Serviced
(CARES) Clinic

Paula Lomazzi
Sacramento Homeless Organiz-
ing Committee

***Eileen Thomas**
Executive Director
RiverCity Food Bank

Jessica Bartholow
Legislative Advocate
Western Center on Law and
Poverty

Sister Libby Fernandez, RSM
Executive Director
Loaves and Fishes

***Helen Magnuson MPH, RD**
Nutrition Education Consultant

Rosanne Stevenson, MPA
Chief of Program Development
California Department of Public
Health

Shana McDavis-Conway
Co-Director, Emerson National
Hunger Fellows Program
Congressional Hunger Center

Lisa M. Gunderson, Ph.D.
Professor, Psychology
Coordinator, Leading through
Change Initiative
Sacramento City College
Behavioral and Social Science

***Edith Martinez**
CalFresh Outreach Coordinator
RiverCity Food Bank

***Dawn Dunlap**
Nutrition and Health Consultant

Alexander Hamana
Dietetic Assistant
St. Paul's Program of All
Inclusive Care for the Elderly
(PACE)

***Stephanie Nishio, MPH, RD**
Director of Programs
California Association of Food
Banks

***Bob Erlenbusch**
Executive Director
Sacramento Housing Alliance

Eric Kintzel
Food Program Director
Sacramento Food Bank and
Family Services

Tracie Rice-Bailey
Sacramento Homeless Organiz-
ing Committee




Introduction

The Sacramento Hunger Coalition, a project of the Sacramento Housing Alliance, surveyed 112 homeless people during the Homeless Connect event on May 22, 2010. The results of the survey indicated a need for nutrition education. Homeless people showed basic knowledge and understanding of nutrition but barriers to access and affordability prevent them from eating healthy. The *Appendix* has the full results of the survey. The ***Homeless Nutrition Education Toolkit*** is derived from the findings of this survey. The main focus of the toolkit is to guide nutrition educators and homeless service providers on how to instruct nutrition education for homeless people. The toolkit is an additional resource for emergency food providers on how to improve efforts to increase healthier food options and nutrition education.

This toolkit should only be used as a community resource and not replace the advice of medical or mental health professionals.

For more information about the *Homeless Nutrition Education Toolkit*, please contact Sabrina Hamm at shamm@hungercenter.org





How to use the Homeless Nutrition Education Toolkit

Homeless Nutrition Education Lessons

The toolkit was designed to allow someone with little knowledge of nutrition education to instruct these lessons. A basic understanding is best, although it is most important to consider the limitations and barriers homeless people face in accessing healthy, nutritious foods. These lessons set the foundation for nutrition education but can be adapted and altered to better address the local needs and the teaching style of the educator. These lessons focus on skill development, how homeless people can make healthier and more nutritious choices from the food they do have access to. Keep in mind the barriers and limitations noted on [PAGE]. In some cases, Homeless people have demonstrated a general knowledge about nutrition.

The Nutrition Education Lessons in the Homeless Nutrition Education Toolkit is designed around “Eat more and Eat less”, based on the most current Federal guidelines Dietary Guidelines for Americans 2010, and consumer USDA Guidelines of MyPlate have been adapted to be more clear, concise and applicable to homeless people. Use the *Resources List* to assist in adapting lessons to cater to specific groups. These lessons are designed to be taught individually or sequential. Go to myplate.gov for additional information and resources

| Eat MORE | Eat LESS |
|-----------------|-----------------|
| Fruits | Salt |
| Vegetables | Sugar |
| Whole Grains | Fats |
| Calcium | |

Include **Family Tips** in each lesson when working with families.





How to use the Homeless Nutrition Education Toolkit

Without a Kitchen

This lesson is a slight variation on Food Safety and Nutrition Fact Label Reading lessons. This section helps to develop knowledge and skill on how to prepare food without a kitchen from food offered at pantries and closets. It acknowledges that homeless people at times, will leave food behind for various reasons. It aims to provide tips on how to prepare healthy meals with the food they are offered.

Use each tip as a cooking demonstration to create additional lessons. Also, check local pantries and closet to see what food options they offer to their clients to further develop this section and create potential lessons.

Solar Cooking and Portable Gardening

These workshops take into consideration that housing and shelters are not always available and often times overcrowded. This leaves homeless people to sleep outside where they do not have a place to cook. However, solar cooking is time consuming and it is inconvenient if homeless people are not at one location for the several hours for their food to cook. While the portable garden is a great way for homeless people to have immediate access to fresh produce, it is not always practical and realistic. Homeless people are a transient group that may deter their interest in hauling around a garden or a solar cooker. Interest of homeless people in these workshops should be surveyed prior to conducting the lessons to ensure the education is something that will be useful and desired.

Emergency Food Provider Resources

Alongside improving knowledge and skill development of homeless people, it is also important to show the possible roles emergency food providers can have. This informational tool aims to help emergency food providers to offer healthier food options to homeless people. The movement to provide healthier options have begun and through highlighting effective practices of emergency food providers in their efforts to increase fresh produce and nutrition education to their clients.

The Resource List

This can be used for additional information on specific health related issues, hand out materials, and adaptations to the lessons. These are nutritional suggestions and do not replace services from professional medical providers.

Local Directory

Include local organization and services providers to refer participants for additional help on health, food access and shelters etc.



Limitations and Considerations

Working With Homeless People

Homeless people struggle with multiple barriers to accessing healthy food and food in general. It is critical to acknowledge the importance of providing nutrition education for homeless people, but first we must understand these barriers prior to implementing any approach to nutrition education.

Affordability of nutrient dense foods can prevent homeless people from choosing healthier options.

Food safety and storage capabilities limit the types and kinds of foods they can purchase and keep. Homeless people must think about how well the food they purchase can keep without refrigeration.

Limited access to resources needed to prepare and cook meals often limits the foods they can eat from grocery stores and food banks. Homeless people will leave behind food that cannot be eaten right away.

Lack of access to health care and services along with limited food supply, leave homeless people vulnerable to chronic disease and illness. Some homeless people have rotting or no teeth that can prevent them from eating certain foods.

Lack of access to transportation places another barrier on accessing food. Bus rides can take hours to reach a supermarket, grocery store or farmer's market. Homeless people may not have money to pay for public transportation. This can limit their time for shopping and even limit them to only shopping at corner stores may be closer to where they stay. Some homeless people may live in their car but may have limited resources to pay for gas or the car may not be operating.

Literacy levels among homeless people varies widely. While instructing the lessons keep instructions simple when speaking and explain terms when needed.





Limitations and Considerations

Teaching Nutrition Education

Cultural, Ethnic and Religious Differences

Influence behaviors and attitudes around food. Understanding the various eating habits and traditions cannot be done in a short amount of time. Universities have semester long courses; others have spent years researching this topic. The main thing to take away is to be sensitive to the influence of their cultural, ethnic and religious background has on eating habits and behaviors around food.

Gender differences

Are important to note due to the difference in nutritional needs. For example, women tend to lack iron and calcium and are more prone to becoming anemic or having osteoporosis later in life.

Age differences

Also vary food portions and nutritional needs. For example, children need more calcium and protein to help bone and muscle development. Elderly people develop changes in their bodies that affect their eating habits and nutritional needs.

For additional information see <http://helpguide.org>





Lessons from the Pilot

The lessons on Introduction to Healthy Eating, Nutrition Fact Label Reading, Food Safety and Solar Cooking and Portable Garden Workshop was piloted to homeless adults at Loaves and Fishes in Sacramento, CA. Each of these lessons were taught had eight to ten participants. The majority of participants returned for the first three lesson while the last two workshops had only two to three participants. Participants feedback was gained through a basic survey at they filled out at the end of each lesson and workshop.

Attracting participants to attend the lessons can be difficult.

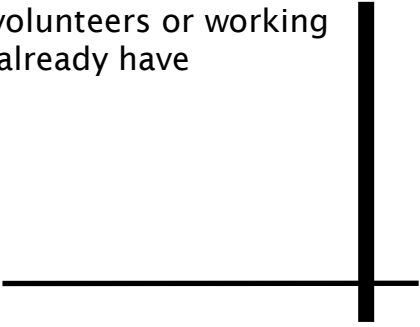
Contact local homeless service centers to use their location and ask for additional help to bring in participants. Regular announcements and inviting homeless people individually has proven to work, even up to ten to fifteen minutes prior to teaching a lesson. However, if you are trying to teach the lessons sequential, in order to help ensure that you get the same homeless people to attend, it is suggested to pair the class with an activity or event that they regularly attend (food distribution, hot meal service, etc). Time and dates need to be consistent and practical. Understanding that homeless people are a transient group and their day-to-day lives are unpredictable, maintaining the same dates and times for the class will be easy for them to know when the lessons will be held.

Incentives and food bags ensure participants practice what they learned in the lessons and return.

Incentives and giveaways should correspond to the lesson taught. For example, when demonstrating a recipe, if possible, hand out the ingredients for that recipe so they can try it for themselves. If discussing food safety and storage, hand out hand sanitizer and food containers. Incentives can be an additional cost to consider, although it is suggested to contact resources in your community, such as local health care for emergency food providers, to see if they are able to donate these items.

The total cost to run these lessons is minimal.

Food banks and closets are great resources to collect food to give to the participants and specific foods for a recipe. The higher cost items are food containers, can openers and the materials for the last two workshops. Soliciting donations from local businesses and organizations can help bring costs down. For staffing, consider volunteers or working with interns from local universities and community colleges who already have knowledge in teaching or health and nutrition.





Lesson: Introduction to Healthy Eating

Learning Objectives:

State the importance of eating healthy
Name three ways to make healthier food choices
Name two non-dairy sources of calcium

Materials: Incentives for participants and a display board

Cost: 0

Time: 20-30 minutes

Instructions: Ask discussion Questions to the whole group:

What do you know about nutrition? What can it do to help you? What can it do for your body?
Do you think you are able to eat healthy? What are your struggles?

Discuss the importance of Eating Healthy using the following structure:

Why eat healthy?

Eating healthy can give you more energy throughout the day

Helps you to fight off infections

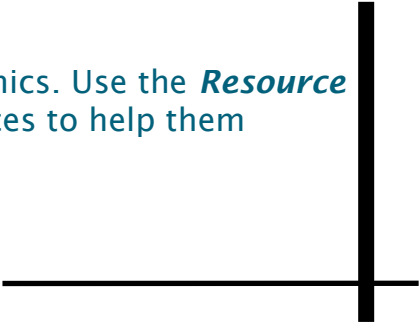
Improves your ability to control the kinds of foods you eat


Can reduce the risk of disease and health complications such as:

| | |
|--------------------|----------------------|
| Anemia | Heart Disease/Stroke |
| Cancer | High Cholesterol |
| Diabetes | Hypertension |
| Digestive Problems | Obesity |

Many of the diseases listed above can be prevented and/or controlled through healthy eating, which may reduce prescription costs in the long run and relieve symptoms. If you suffer from one or more of these complications please see a medical professional.

Use the **Local Directory** to refer them to local free & low cost clinics. Use the **Resource List** to provide them with tips on how to make healthy food choices to help them manage and lower the risk for disease.





Lesson: Introduction to Healthy Eating

Encourage participants that eating healthy is simple. All they have to remember is this simple chart. Display the chart large enough for all the participants to see.

How to Eat Healthy the simple way

| Eat MORE | Eat LESS |
|-----------------|-----------------|
| Fruits | Salt |
| Vegetable | Sugar |
| Whole Grains | Fat |
| Calcium | |

While discussing the components of the chart use the following

So What? Choose healthy, more nutritious foods while homeless

Eat more fruits and veggies

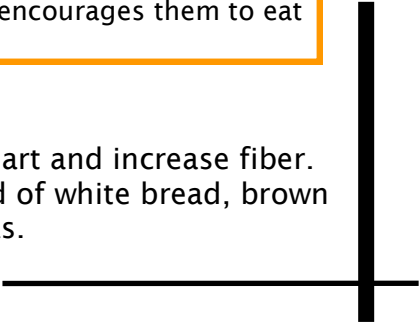
Eating more fruits and veggies will vitamins and minerals. It will increase fiber that can improve your digestion. Use fruits and veggies to replace higher calorie foods and help to maintain a healthy weight. If possible, include a variety of colorful fruits and vegetables every day.

Try to select fresh produce when in season or choose fruits and vegetables along with canned options with reduced salt and no sugar. The less processed the better. For example canned vegetables can often contain higher amounts of salt than fresh. Canned fruits packed in water or juice are better choices than those packed in syrup (even “light” syrup). Frozen veggies and fruits are also a great choice. Just remember after it thaws be sure to eat it within 2-3 hours.

Family Tip: Getting your kids to eat more veggies does not have to be hard to do. First try tasting them alone. Then try adding low fat dressing and dips to go along with the vegetables. For example, serve peanut butter with carrots or celery. If possible, allow a picky eater to have choices. For example, a choice between corn and broccoli. This extra step gives them the control they need and encourages them to eat

Eat more whole grains

Eating more whole grains is a great way to maintain a healthy heart and increase fiber. Tip to eat more whole grains: Choose whole wheat bread instead of white bread, brown rice instead of white rice, or corn tortillas instead of flour tortillas.





Lesson: Introduction to Healthy Eating

Get more calcium

Dairy contains calcium and is a great way to strengthen your bones, muscles and joints. Examples of dairy products include milk (fresh, powdered), cheese, and yogurt. But, some people are not able to drink milk or eat dairy products.

Tip: Other sources of calcium: Powdered milk, shelf stable milk, broccoli, soymilk, figs, any dark leafy greens (ex. spinach or collard greens), beans, tofu, dried fruits and nuts, oranges.

Note: Also with calcium be sure to get enough Vitamin D because it helps your body use the calcium. Aside from milk; Vitamin D can be obtained through exposure to the sun, fortified orange juice, cheese, and tuna.

Eat Less Salt/Sodium

High sodium foods may lead to high blood pressure.


Tips to reduce sodium: Look for cans that say “low-sodium” or “no salt-added.” If you are unable to get canned vegetables that are low in sodium, drain the water inside the can. Even better, rinse the vegetables with water to remove some of the sodium/salt. Avoid adding salt at the table. Use other seasonings and spices to add flavor to your food.

Eat Less Sugar

High sugar foods can lead to obesity, tooth decay and should be avoided by those with diabetes.

Tips to reduce your daily sugar intake: Avoid drinking soda and juice drinks, and eating candy. Limit the amount of fruit juice to a half of cup a day. If you buy canned fruits, look for “no-sugar added” or “in fruit juice”. If you buy canned fruit in syrup, drain and rinse off the syrup. There are other forms of sugar such as high-fructose corn syrup, dextrose and honey that are often found in processed foods like soda and bread. Learn to read the nutrition fact label to find those added sugars. Eat less of these other forms of sugar as well.

Family Tip: Juice boxes and drinks for kids don’t contain much juice and tend to be high in sugar. Refer to the nutrition facts label on the back of these items to see the percentage of actual fruit juice these products contain. Reduce the risk of childhood obesity and help your child stay healthy by limiting the number of sugary drinks. Putting juice and soda in baby bottles will most likely lead to tooth decay and it is highly recommended to not give these drinks to your infant or child. Flavored milk contains sugar too.





Lesson: Introduction to Healthy Eating

Eat Less Fat

High fat foods can lead to obesity, heart disease, high blood pressure and high cholesterol. Eat lean proteins like beans, chicken, turkey, tofu and Tuna.

There are multiple types of fats.

Saturated: Saturated fats are found in animal products such as butter, cheese, whole milk, ice cream, cream, and fatty meats. These can raise cholesterol levels.

Trans-fat: Some of it occurs naturally in foods, but most come from processed foods and also raises cholesterol levels.

Unsaturated: Come from vegetables and plants and are healthier fats.

There are two kinds; polyunsaturated and monounsaturated fats and are liquid at room temperature.

Tips to reduce fat: Look for cans/foods that say “Low-fat” or “Non-fat.” Or while buying canned tuna look for cans that say “In water” and avoid ones that say, “In oil.” Limit the amount of red meats (like beef) and processed meats (like hot dogs and sausages). Trim excess fat and remove skin off of meat. Avoid fried foods like french fries and fried chicken and choose the baked option instead.

Family tip: Parents be sure to set the example by eating healthy food with your children

Use the these closing remarks and discussion to assess the learning objectives

Name one reason to eat healthy

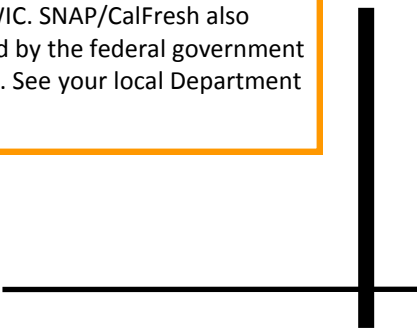
Name three ways I can make canned food healthier

Name two other sources of calcium besides milk and yogurt

Name one thing you learned that you will take away with you

Refer to **Resource List** to address any questions or concerns. When discussing health concerns refer them to medical professionals.

Family Tip: Ask school staff about enrolling children in free and/or reduced cost school meals. Many schools offer free breakfast programs and summer meals as well. Pregnant women, breastfeeding women, infants and children under the age of five are also eligible for WIC. SNAP/CalFresh also known as food stamps is a supplemental food and nutrition program funded by the federal government that homeless, disabled low-income individuals and families can qualify for. See your local Department of Health & Human services for more information.





Lesson: Nutrition Fact Label Reading

Learning Objectives:

Name two things to avoid and look for when reading nutrition fact labels

Learn how to make Bean Salsa

Materials: Nutritional Fact Label Hand out (Simple and Detailed). Ingredients and materials for Canned Bean Salsa

Cost: \$1-2 per can opener

Time: 20-30 minutes

Recap “Eat More, Eat Less” chart from *Introduction to Healthy Eating Lesson*. Begin asking the whole group discussion questions.

What sort of canned foods do you buy or get from food banks/pantries? How do you normally prepare the food? Do you ever look at the ingredients or nutrition fact label? What do you look for?

Discuss the benefit of learning how to read nutrition fact labels

Why Learn how to Read Food Labels?

Learning how to read food labels will let you know what is in the processed food you are eating. If you have a particular health condition or want to lose or maintain a healthy weight, knowing what you eat is very important. For example, if you are diabetic controlling your sugar intake is easier when you know how much sugar is in what you eat.

Inform the participants that the objective of the lesson is to learn how to Read Nutrition Fact Labels.

Pass out simple version of “How to Read Food Labels” found in *Nutrition Education Lesson Materials* to the participants. Following the guideline on the detailed version, discuss the five components of a nutrition food label.

Using the canned items for the Bean Salsa repeat discussing the five components of a nutrition food label using one item from the recipe. Increase participant engagement by asking them to help identify the nutrition components of the canned item chosen.

Compare label of regular canned beans with reduced sodium beans. Note the different levels of sodium.

Compare a second item in the recipe, such as corn.





Lesson: Nutrition Fact Label Reading

Instructions: Before beginning the recipe warn participants of “healthy food messaging”

Be aware of healthy food marketing found on the packaging. Sometimes the front-of-the-can or package messages make the food seem like a healthy choice, but the only way you will know for sure is by reading the Nutrition Facts Label and ingredient listings on the package/can labels on the back.

Demonstrate how to prepare Canned Bean Salsa. While modeling this, wipe off the top of the can lid before opening.

Bean Salsa with tortilla chips or veggie slices

Time: 5 min

Materials needed: Bowl or container, Can opener, and spoon

1 can of low-sodium black beans, drained and rinsed

1 can of low-sodium pinto beans, drained and rinsed

1 can of low-sodium corn, drained and rinsed

Juice of a whole of lemon

Season as desired

1 bag of corn tortilla chips (reduced fat and/or reduced sodium), or vegetable slices

Optional additions: Diced onions, small handful of cilantro, diced avocado, fresh tomatoes. Check out local farmer’s markets that accept SNAP/CalFresh.

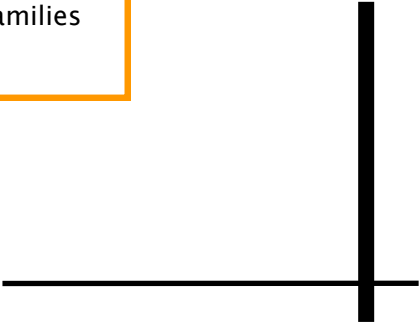
Instructions: In a bowl or plastic container mix all the ingredients. Enjoy with tortilla chips or veggie slices!

Low-sodium or “no salt added” canned foods are best to buy. High sodium foods can lead to high blood pressure/hypertension. Draining and rinsing the food is always another option.

Encourage the participants to try the Bean Salsa.

Provide participants with ingredients so they can try the recipe on their own. If possible, also provide can openers.

Family tip: Cooking and preparing food together can bring families closer and create healthy eating habits as a whole family.





Lesson: Nutrition Fact Label Reading

Highlight “Eat More and Eat Less” based on Canned Bean Salsa

Eat more fruits and veggies: Enjoy with veggie slices or add corn to the recipe

Eat more whole grains: Whole grain in the corn tortilla (chips)

Get more calcium: Check the labels to see how much calcium you are getting

Eat less salt and sugar: Rinsing the beans or draining them reduces the salt

Eat less “bad” fats: Bad fats are mainly from animal fat, check the nutrition label on the back to see how much saturated fat it contains

End with closing remarks and discussion

This can be made with a variety of beans, it is healthy, tasty, low-cost and very easy to make. The ingredients can be bought using your CalFresh/SNAP card and many food bank/pantries/closets offer these foods.

You can also grow your own salsa garden in a small container or at the local community garden.

What on food labels should you limit? Get more of?

What can you do to make canned beans or other canned vegetables even healthier?





Lesson: Food Safety

Learning Objectives:

Understand the importance of food safety

Describe how to store foods safely

Demonstrate understanding of cross contamination

Materials: Display board**Cost:** \$1 per food container, \$1 per hand sanitizer**Time:** 20-30 minutes

Instructions: Begin with discussion questions.

How do you or people you know store food? How can you prevent food poisoning?

Highlight the importance of Food Safety.

Understanding and practicing food safety can prevent food-borne illnesses like food poisoning.

Display the words *Keep it CLEAN*, *COOK it Well* and *STORE it Right*, large enough for all the participants to see. Provide them with these tips to keep their reduce their risk of food borne illnesses.

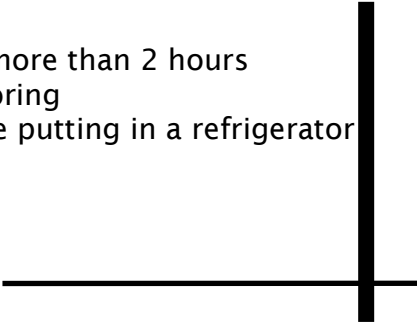
Keep it CLEAN

- Be sure to wash your hands with warm water and soap. If warm water is not available use cold water and soap.
- Wash all cooking surfaces, cutting boards, utensils before and after cooking
- Avoid cross-contamination, by using a cutting board for meat and a different board for non-meat foods

COOK it well

- Cook chicken and turkey until the juices run clear and the meat is no longer pink
- Cook meat until it is no longer pink

STORE it right

- Do not let food sit out for more than 2-3 hours
 - Do not let raw meat sit out at room temperature for more than 2 hours
 - Separate raw meats into different packaging while storing
 - Prepared cooked food can sit out for 2-3 hours before putting in a refrigerator or eating it.
- 



Lesson: Food Safety

Fun Activity:

Use a small chalk bag to toss to one person. Then have them toss it to another person, then have that first person shake the hand of someone else. Then continue the activity for 2-3 minutes.

After the activity share how easily bacteria can spread with seeing it.

It is important to keep you hands clean, but obviously not to become germ-a-phobic, just be aware of how easily germs and bacteria can spread.

Sometimes you cannot know when food is bad just by looking or smelling whether harmful bacteria have started growing in your leftovers. Try to keep track of how long you have had the food. If the food had been cooked and sitting out, for safety you must eat or refrigerate the food within 2-3 hours.

“When in doubt, throw it out”

Encourage that even while not having a refrigerator, keeping food safe can be simple.

So What? What can I do if I don't have a refrigerator?

- Use alternate ways to clean hands such as hand sanitizers.
- Buy foods that will not spoil fast and that do not need to be refrigerated, such as vegetables, fruits, nuts, and canned goods
- Avoid buying meat if you cannot store it in a freezer or refrigerator.
- Store food in airtight containers that will keep bugs out and protect it from direct heat.
- Keep food out of direct sunlight to prevent it from spoiling faster
- Do not eat foods with mold on it
- Always check the expiration date, even if at a store

Hand out “Eating with out a Refrigerator” to all the participants. End with closing questions

Why is food safety important?

Can someone tell me what is cross contamination?

How long can you let food sit out at room temperature before you should eat it or refrigerate it?

How else can you keep your hands clean?





Lesson: Smart Shopping Options 1 and

Learning Objectives:

Demonstrate how to compare prices while shopping
 Name one method on how to buy cheap fruits and vegetable
 Name an additional methods on how to save money while shopping

Materials: None

Cost: Option 1: Cost of Transportation

Time: Option 1: 40-60 minutes and Option 2: 20-30 minutes

There are two options for this lesson. Option 1 is designed to be taught in a grocery store. While Option 2 is designed to be taught using props from food packages.

Option 1: Going to a grocery store

Before choosing a grocery store, consider the following:

Location: Is it a place where most of the clients normally shop? Can they reach it through public transportation?

Cost/Affordability: Look for grocery outlets, “save-marts” and other grocery stores that sell cheap food.

Accept Food Stamps (CalFresh/SNAP).

Do participants know about CalFresh/SNAP. Provide information on basic eligibility requirements and where to enroll. Additionally provide information on local farmers markets that accept EBT/Food Stamps and/or WIC vouchers.

Instructions: With the participants you will choose 2-3 aisles to compare food and prices

- Pick a few aisles to choose to compare foods.
- Recommend: Pick the 2 items from the canned food aisle. Compare and contrast the same type of beans, one name brand and the other store brand. Do the same with canned vegetables. Go to another aisle participant would normally shop from. For example, compare cost and nutritional value of breads and frozen.

Example: Canned Beans (low-sodium)

Choose 2 cans of black beans, one store brand and the other name-brand

Compare prices and nutritional value





Lesson: Smart Shopping

Lesson 3: Option 2: If you are unable to transport participants to a grocery store you can teach an alternate lesson.

Use actual food products or save packaging to use as props to compare pricing.

Compare and contrast cost and nutritional value of Cereals, breads, canned goods, etc between brand names and store brands.

Instructions: For both Option 1 and 2 begin with the importance of learning how to shop smart.

Why is Smart Shopping important?

Learning and practicing a few smart shopping tips can save you money. You can learn to save money and buy healthy foods too.

Provide these tips to participants after comparing food items

How to Shop Smart?

- Avoid buying groceries at convenience/corner stores; the prices tend to be much higher than grocery stores
 - Check the clearance aisle, but remember that most items will need to be eaten within a few days of purchase
 - Look for weekly sales
 - Avoid buying name brand products. Store brand or generic products tend to be less expensive and still have similar quality
 - Take the time to compare prices and brands while in the store
 - Avoid shopping while hungry to avoid making impulse buys.
 - Make a shopping list and stick to it.
 - If you cook, plan out your meals for the week
 - Buy fewer snack foods because they will not fill you up as much as other foods
 - Avoid buying too much food at one time; buy what you know you will eat.
 - Avoid spending money on sugary drinks that can lead to health costs in the future. Drink more water and tea instead.
-



Lesson: Smart Shopping

After sharing tips on shopping at Farmer's Markets, provide participants locations and times of local farmer's markets.

Shopping at Farmer's Markets Tips

Look for Farmer's markets in your area. Some are less expensive than others and provide fresher produce. Some accept CalFesh/SNAP.

Tips:

For best selection, go early

For best deals, go later. Many farmers are willing to make deals toward the end of the day

Look around before you begin to buy to check out best deals





Lesson: Without a Kitchen

Learning Objectives:

Materials: Incentives for participants
 Demonstrate how to store food properly
 Name two new ways to prepare their food
 Name two ways how to make their food healthier
Cost: 0
Time: 20-30 minutes

Ask discussion questions to the whole group.

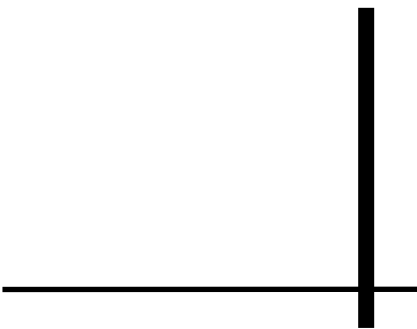
What do you know about nutrition? Do you think you are able to eat healthy? What are your struggles? Do you think the food pantries give out healthy foods? Can you give me an example of a healthy meal you prepared from food from the pantry?

Encourage participants that eating healthy is simple. Recap “Eat more, Eat Less” chart from *Introduction to Healthy Eating*.

| Eat MORE | Eat LESS |
|-----------------|-----------------|
| Fruits | Salt |
| Vegetable | Sugar |
| Whole Grains | Fat |
| Calcium | |

Sometimes it can be hard to eat healthy, depending on the food you have and sometimes the food you are given at food pantries and closets. With little preparation and materials you can make your food healthy and taste good.

All you need is a can opener, airtight food container with and spoon or fork and knife. Invest in a airtight food container so you can prepare your food and store safe.





Lesson: Without a Kitchen

Inform participant there are simple things they can do to make the food they do have healthier.

What can you do?

Drain and rinse canned beans and vegetables to reduce extra salt

Drain and rinse canned fruit to reduce extra sugar

Drain oil from canned tuna to reduce extra fat

Encourage them that learning how to prepare foods without a kitchen can be easy.

Sometimes it can be hard to eat healthy, depending on the food you have and sometimes the food you are given at food pantries and closets. With little preparation and materials you can make your food healthy and taste good.

All you need is a can opener, food container with a lid and spoon or fork and knife. Invest in a food container with a lid so you can prepare your food and store safe.

Here are some tips to best use the foods from pantries and closets. Mix these recipes in your food container so you can store it safely later.

Use these tips to develop additional lessons. Provide one demonstration after sharing these tips.

Chicken/ Vegetable Broth:

- Add canned vegetables, beans and chicken to make a soup

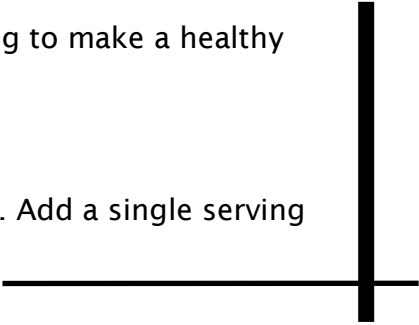
Canned Beans:

- Mix together different canned beans and the juice of one lemon and enjoy with corn tortilla chips or wrap in a corn tortilla/whole wheat pita bread. Optional additions diced canned tomatoes, corn, avocados, and diced onions
- Add them to already existing soups to make them heartier.
- Mix 1 can of beans with spinach and lemon juice for a Bean and Spinach salad.

Canned Vegetables:

- Add them to already existing soups to make them heartier.
- Mix corn, lima beans and peas with a little light salad dressing to make a healthy salad.
- Optional additions; green onions and parsley.

Canned Fruit:

- Mix a few different types of fruit to make a simple fruit salad. Add a single serving yogurt to make it creamy. Optional, sprinkle on some raisins.
- 



Lesson: Without at Kitchen

Cream of Mushroom/Chicken Soup:

- Mix half the can with (hot) water, (canned) chicken and veggies and eat with cooked rice, pasta, and bread or enjoy as is.

Canned Tomato Sauce:

- Add a little (hot) water and veggies to make a minestrone soup.
- Add lime/lemon juice and corn and beans to make a quick salsa. Optional additions chopped cilantro, diced onions.

Share the importance of food safety and how to reduce their risk of food borne illnesses.

Food Safety is very important to think about when preparing food to reduce the risk of illness.

Always clean hands before you handle food.

Do not leave prepared food out for more than 2-3 hours before eating it or putting it in a fridge.

Keep food out of direct sunlight.

End with closing questions.

What can you do if you are given chicken broth?

What can you do with tomato sauce?

How long can you keep prepared food out without a refrigerator?





Workshop: Solar Cooking

Learning Objectives:

Demonstrate how to position the solar cooker in the sun

Materials: See Solar Cooker Instruction Materials

Cost: \$3-5 per solar cooker

Time: 30 minutes

There are various types of models of solar cookers.

Instructions: Choose one that is simple and does not require a lot of materials to create. Share examples of other models and the materials on how to make them with the participants.

The main focus of the workshop should be on how to use and cook with a solar cooker. It is important to allow participants to correctly position the solar cooker in the sun.

Allow participants take turns positioning the solar cooker into the sun. After each participant, go over how to cook with a solar cooker, explaining the differences in cook temperatures, weather, advantages and disadvantages.

Provide the materials to create a solar cooker and construct solar cookers together. If possible, find a simple recipe and provide participants with ingredients so they can make it themselves.

Additional models and resources can be found at

Solar Cookers World Network
<http://solarcooking.wikia.com/>

Solar Cookers International





Workshop: Portable Garden

Learning Objectives:

Demonstrate how to create a container garden
Demonstrate knowledge on how to maintain a container garden

Materials: Water, Soil, Seed/Seedlings, reusable bags or containers

Cost: \$5 per garden

Time: 20-30 minutes

Ask discussion questions to the whole group and share benefits of gardening.

Gardening is easy and can be done with little materials.

It can give you direct access to healthy and nutritious foods that can help to improve your health and can be easy to do.

Many garden for more than just food. Some enjoy working with their hands others while it can be more therapeutic for others.

Instruct and demonstrate on how to create a portable garden.

Creating a Portable Garden Workshop

Choose plants for your container garden that does not take up much space while they grow, such as carrots, radishes, lettuce. Peppers, tomatoes and herbs are good choices too.

Things you need

Container or reusable bag be sure to make holes at the bottom to let the water drain

Soil

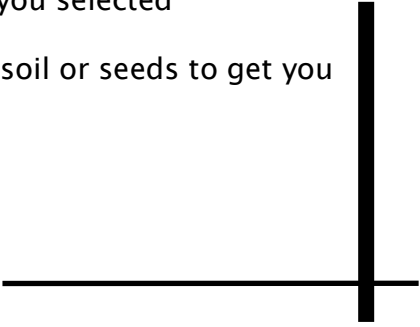
Water

Seeds/seedlings

If you receive CalFresh/SNAP you can use them to buy seeds/plants that will grow food.

While at the store ask for tips on how to grow the seeds you selected

Ask a local nursery if they can donate a small amount of soil or seeds to get you started. You can even just use the dirt/soil around you





Workshop: Portable Garden

Provide everyone with enough materials to start their own small container garden. You can reuse containers you have saved or found. For example, plastic storage containers and reusable grocery bags. Continue the instructions

Have everyone make holes at the bottom of their container: They are needed to allow for the water to drain. Such as 2-liter soda bottles, milk cartons

Add the soil (and fertilizer, optional). Dig a hole that reaches about midway deep into the container and add the seeds/plants.

*Note: if using plants gently break up the roots before placing it into the soil.

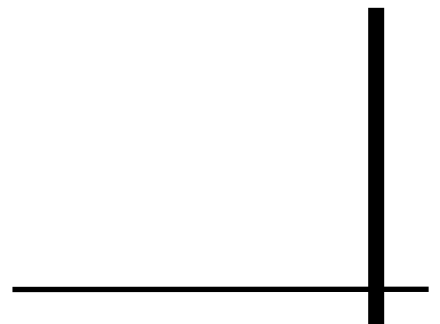
Cover the hole with more soil . Add water the soil and seeds/plants just enough until the water comes out through the bottom.

Depending on the size of the container you can add more plants/seeds.

Provide simple instructions on how to maintain their Portable Garden.

Plants need 6-8 hours of direct sunlight.

Water your plants once a day. As they grow, they will need more water.





Nutrition Education Lesson Materials

Reading Food Labels

www.fda.gov

Eating Well Without a Fridge

<http://www.apostle1.com/aids-in-america/files/Ch4.pdf>

Solar Cooking Instructions

Solar Cooking Hand out

Adapted from Solar Cookers International



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container about 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| Trans Fat 3g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Proteins 5g | |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 4% |

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|-----------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | | Less than | 20g |
| 25g | | | |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

1 Serving Size

This section is the basis for determining number of calories, amount of each nutrient, and %DVs of a food. Use it to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount, e.g., number of grams.

2 Amount of Calories

If you want to manage your weight (lose, gain, or maintain), this section is especially helpful. The amount of calories is listed on the left side. The right side shows how many calories in one serving come from fat. In this example, there are 250 calories, 110 of which come from fat. The key is to balance how many calories you eat with how many calories your body uses. **Tip:** Remember that a product that's fat-free isn't necessarily calorie-free.

3 Limit these Nutrients

Eating too much total fat (including saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure. The goal is to stay below 100%DV for each of these nutrients per day.

4 Get Enough of these Nutrients

Americans often don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. Eating enough of these nutrients may improve your health and help reduce the risk of some diseases and conditions.

5 Percent (%) Daily Value

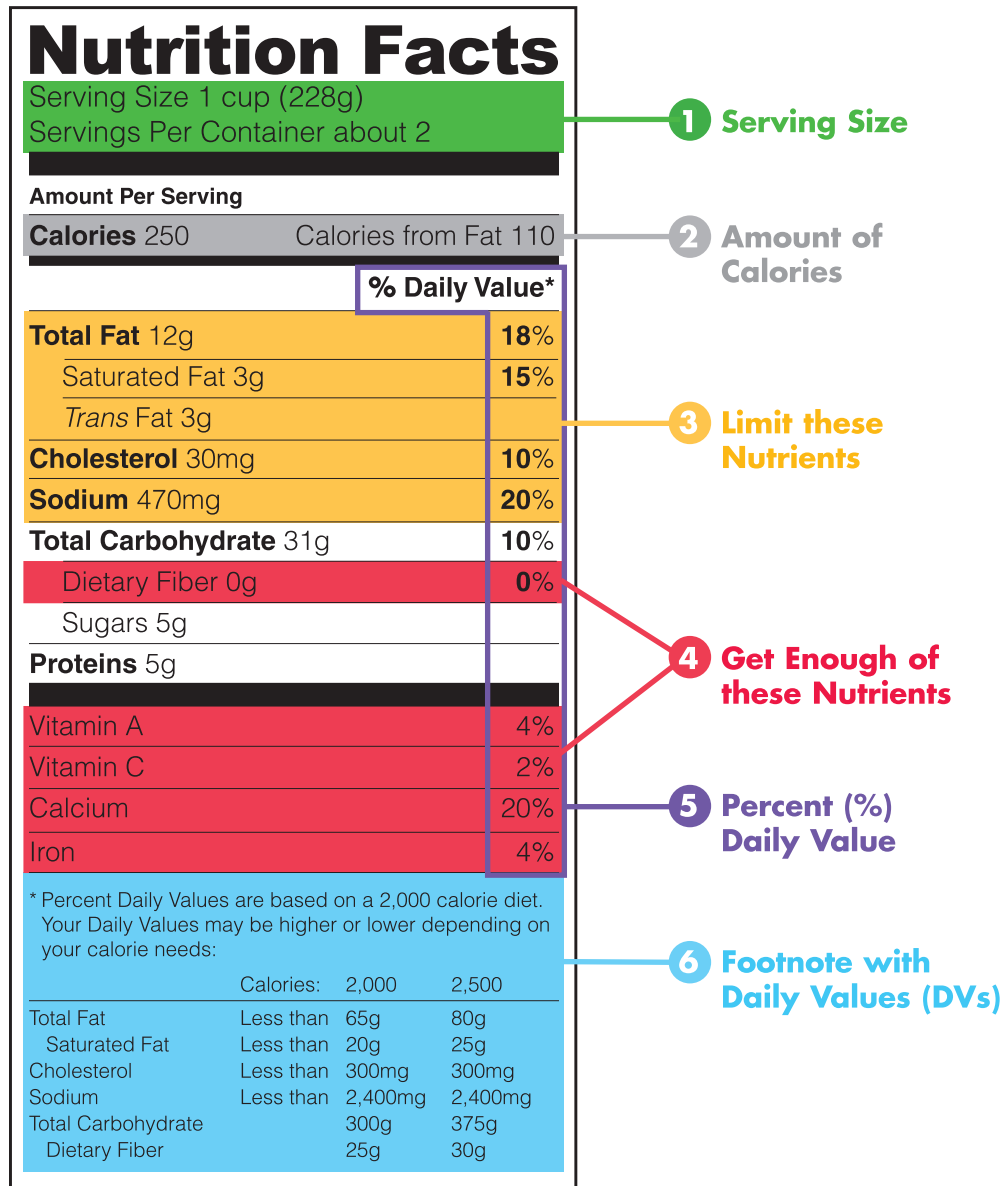
This section tells you whether the nutrients (total fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet.

The %DVs are based on a 2,000-calorie diet. Each listed nutrient is based on 100% of the recommended amounts for that nutrient. For example, 18% for total fat means that one serving furnishes 18% of the total amount of fat that you could eat in a day and stay within public health recommendations. Use the Quick Guide to Percent DV (%DV): 5%DV or less is low and 20%DV or more is high.

6 Footnote with Daily Values (DVs)

The footnote provides information about the DVs for important nutrients, including fats, sodium and fiber. The DVs are listed for people who eat 2,000 or 2,500 calories each day.

– The amounts for total fat, saturated fat, cholesterol, and sodium are maximum amounts. That means you should try to stay below the amounts listed.



For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

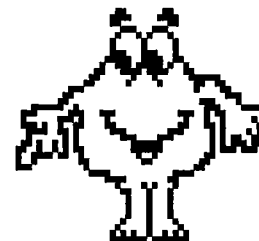
NUTRITION

Eating Well Without a Refrigerator

Eating well while you're staying in a place without a refrigerator or stove can be a real challenge! It's too expensive to eat meals out and fast food doesn't always fit in with nutrition goals. Here are some "perishable" food items that can be stored at room temperature for short time periods:

- ❖ Fruits and vegetables that will last for 1 to 2 days at room temperature:
Apples, bananas, nectarines, peaches, plums, bell peppers, broccoli, carrots, cucumbers, salad greens, and tomatoes.
- ❖ Grapefruit and oranges will last 5 to 7 days.
- ❖ Medium hard cheeses such as cheddar and swiss can be kept 1 to 2 days.
- ❖ Bread and baked goods will last 1 to 5 days.

**If the weather is hot, food will spoil quicker.
If in doubt, throw it out!**



No Place to Cook? It is possible to eat well without a stove or refrigerator. The foods below will provide nutritionally-balanced meals.

Grains

Bread, bagels, tortillas, flat breads, rolls

Cereals such as:

Corn Flakes, Chex, Cheerios, Product 19, Rice Krispies, Shredded Wheat, Special K, Total, etc.

Whole grain, low-fat crackers such as:

Ak Mak, Graham, Harvest Crisp, Rice Cakes, Ry Krisp, Triscuits, Wasa

Dairy

Milk (aseptic containers or canned evaporated milk)

Fresh milk in small cartons

Cheese (cheddar, swiss, american)

Yogurt

Pudding cups (single-serve)

Protein

Tuna, chicken (canned in water)

Sardines, salmon, kipper snacks (canned)

Peanuts or peanut butter

Cottage cheese (single serve)

Fruits and Vegetables

Fresh: Bell peppers, carrots, cucumbers, salad greens (ready-to-eat), tomatoes, apples, bananas, nectarines, peaches, plums, grapefruit, oranges

Canned: Apricots, peaches, pineapple, fruit cocktail and pie fillings

100% Fruit Juice (small cans, bottles, and boxes):

Grapefruit, orange, pineapple, tomato, V-8, apple or grape with vitamin C

Dried: Apricots, prunes, figs, raisins, apples

Single serve fruit cups

Adapted from Lisa Ploss RD, MPH

Build an Aluminum Roasting Pan Solar Cooker

(Designed by Solarcookingnut)

Materials, Supplies, and Tools:

- Large, "disposable" aluminum turkey-size roasting pan (no wire handles)
- 1 full-size sheet of poster-board
- White (Elmer's) glue
- Sponge style paintbrush
- Heavy-duty or heavy-strength aluminum foil
- Piece of smooth old rag to fold into a smoothing pad
- Rag or paper towel for cleaning up glue smears
- Recycled jar with lid for glue mixture
- Metal or aluminum tape (optional but nice)



Make a mixture that is 2/3 white glue and 1/3 water in your jar. Mix well. Tear off two pieces of foil that will cover your poster-board with some overlap in the middle and overlap on all sides (you will fold and glue the excess foil at the sides to reinforce the edge). Get your sponge brush wet, then squeeze out extra water in a towel.

If one side of your poster-board is shinier, glue the foil to the less shiny side. Spread glue on about half the poster-board and smooth on foil, **shiny side up**. Always use a cloth pad for smoothing, because the natural oils in your skin can dull the foil. Try to get out air bubbles and wrinkles, but don't worry if you can't get them all out. Repeat to cover remaining poster-board, overlapping the foil by at least an inch (put glue on that inch or so of the underneath foil, as well as on the poster-board itself). When your whole poster-board is covered with foil and as smooth as you can get it, let it dry for several hours.

Rinse out your brush (getting it damp before use makes it easy to clean), wipe the rim of your glue jar, and put on the lid so your glue mixture will stay good for your next solar cooker project.

When the glue is dry, fold the extra foil at the edges over and glue it to the back. This will give your panel a stronger edge. If you have some aluminum or metal tape, you can put that around the edges for a finishing touch. Congratulations, you have just made a solar cooking reflector panel!

Using Your Aluminum Roasting Pan Solar Cooker

You will need:

- 2 spring clamps or bulldog clamps or large binder clips or packing tape
- 1 or more dark pots with dark lids*
- 1 or more oven cooking bags (large or turkey-size—can be used many times this way)
- 1 rack about 1 inch tall** or four foiled pebbles about an inch across
- Some food to cook (chunky applesauce or a mixed vegetable dish are good starter foods)
- Sunglasses (even with sunglasses, avoid staring at the shiny foil, and **DO NOT LOOK AT THE SUN!**)

Try to start food by 11:00 am when you are new to solar cooking. Put on sunglasses. Center your reflector panel along one long side of the roasting pan and snug it around the corners as far as it will go, bending up the pan's foil edge if needed. Use clamps or packing tape to hold the reflector on. If it is breezy out, get something to put behind your cooker so it won't try to blow over.

Put your food in the pot, put on the dark lid, and put the covered pot in an oven bag. Blow in a little air and close the bag with a twist-tie or small clip. Set up your cooker facing the sun. Put the rack in the roaster or arrange the pebbles for the bag-covered pot to rest on. Put the pot on the rack (or pebbles).

DO NOT LOOK AT THE SUN to aim your cooker. Instead, go by the shadow of your cooker. If the shadow is straight back, you are pointed straight at the sun, but of course the sun will keep moving, so what you really

want to do is move your cooker ahead of the sun and let the sun catch up. If you are behind your cooker, you want more shadow on the right side than on the left.

You should not have to re-set your cooker more than once every hour. By moving the shadow ahead and observing what happens, you will soon get a feel for how far ahead to move it to leave for an hour (at the end of the hour, you would want the shadow on the left to be about the same size as the shadow on the right was at the beginning of the hour). The hot spot will sweep over the top of the pan during that hour. If you sweep across the top about once every hour, it makes for more even baking. If you are cooking a lot of food and think it isn't cooking evenly, turn the pot front-to-back at the end of an hour when you adjust the cooker. Foods do take longer—2-5 times longer—but need little tending and are unlikely to burn, so the general rule is set them out early and don't worry too much about overcooking.

You can cook almost any food that will steam, stew, pot-roast, simmer, or bake at 350°F or below in your new solar cooker (your solar oven may not reach 350°F, but most foods that can bake at that temperature can also be baked at lower temperatures—they may take longer but often taste better). Practice with fruits or veggies or beans or even just water before you graduate to foods with meat or eggs. When you can confidently get a pot of food to giving off steam after about two hours, you are ready to safely cook meat or foods high in egg or dairy. Solar cooked meats and poultry are delicious and tender, if you put them out early and let them sit and slowly simmer and tenderize once they get hot. Solar cooked breads and cornbreads are wonderful—the slower baking really seems to bring out the flavors of grains. In general, this cooker can cook 3-4 quarts of soup or stew, a chicken, a 2-3 lb. roast or ham, a normal size loaf of bread or meat or bean loaf, or a 8" or 9" pan of brownies or cornbread, etc.

You can cook dry beans in your solar cooker, but you **must** soak them overnight before setting out to cook, and do start them early. Wait to salt them until after the beans are tender.

*Black pots and pans with well-fitted lids are best. **Dark** blue, green, or grey can all work, but the food will take longer to cook. Black or navy speckled enamelware pots and pans are one good choice. There is a small, inexpensive oval enamelware roaster with a lid, widely available at stores that carry speckled enamelware, that is a very good shape and size for cooking many foods in your roasting pan cooker. For baked goods, such as cornbread or brownies, get two matching 8" or 9" square dark baking pans and turn one upside down for a lid, securing with a couple of binder clips. For loaf-shaped bread (you can make an oval loaf in the oval roaster), use two matching dark bread pans the same way.

If you have pans you want to use that are not dark, you can paint the **OUTSIDE** (inside color doesn't matter) with flat black spray paint that is labeled (in small print on the back) "**non-toxic when dry**". You can get this kind of spray paint at Wal-Mart for just under a dollar per can. Make sure you have adult help and permission if you are new to spray painting. Read the directions on the can, shake very **VERY** well, and make sure you spread newspapers or cut-flat brown paper bags under the items you are painting to catch the over-spray. Always spray paint outdoors or in a **very well ventilated** area.

**It is best to have a rack that is taller than most cooling racks, because you want more light to get under your pot, especially if you live in the north. Many sporting goods stores carry a round heavy-duty aluminum rack for five or six dollars that is a good, durable solution. Yard sales and thrift shops such as Salvation Army or Goodwill are good places to find taller racks, too. They get a lot of racks that were originally for casseroles or chafing dishes that are great for solar cooking. Another possibility would be a couple of matching clear glass cereal bowls or ashtrays that you can set side by side upside down to rest your pot on. Anything that will keep your pot level while letting some light get underneath it will work.

For more ideas on ways to use poster-board solar cooking panels, as well as many great ideas for making solar cookers out of inexpensive and recycled materials, check out some of Solarcookingnut's videos on YouTube: <http://www.youtube.com/profile?user=solarcookingnut&view=videos>

For information on solar cooking, the efficient, inexpensive technology that can do more than any other single technology to mitigate climate change and improve lives and the environment, go to:

<http://solarcooking.org/>

AND

http://solarcooking.wikia.com/wiki/The_Solar_Cooking_Archive_Wiki

Solar Cooking Info and Tips

You can cook a wide range of things inside a solar cooker. Just about anything that does not require high temperatures.

Adding water

You only need to add water when you are cooking rice, beans and other grains.

When?

The best time to use a solar cooker is when the shadow on the ground is shorter than your height, in other words, when the sun is at its highest point, during the mid-day. The best time during the day to cook is between 10am and 2pm.

| Changes to cooking times: | Tips on a faster cooking time |
|---------------------------------------------------|----------------------------------------------------------------------------|
| A lot of wind will make food take longer to cook. | Typically in the spring and summer are the best times of the year to cook. |
| More food will take longer to cook | Cook in small portions and cut up food into small pieces |
| Thicker the pot the longer to cook | Use a dark thin pot |
| More water, longer cooking time | Use less water |

How long will food take to cook?

| 1-2 Hours | 3-4 Hours | 5-8 Hours |
|--------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------|
| Eggs Rice Fruit Vegetables Fish Chicken | Potatoes Root vegetables like carrots Beans and Lentils Most meats | Large Roast or whole chicken Soup and Stew from Scratch |

During cooking

Place stones under the pot to allow air and heat to move under the pot

No need to stir the food, just leave it

As the sun starts to move you will need to move the solar cooker so the shadow is directly behind the cardboard panel

Other Notes

You can also use jars painted black with a hole in the lid or loosely placed on

You can use plastic bags instead of oven bags



Resources for Emergency Food Providers

Introduction

As you may already know, health and nutrition are important factors in the lives of everyone. Eating fresh fruits and vegetables is hard enough for people with access, now what about those that live in food deserts or swamps, lack of access to transportation and the list continues. Homeless individuals and families heavily rely on emergency food providers as routine providers to their meals. It is crucial that the food they do have access to can provide them with the nutrients and energy they need to survive. It is possible for Emergency food providers to move beyond delivering food to also include the health and nutrition that homeless people and other clients need.



Resources for Emergency Food Providers

For Food Lines and Hot Meal providers.

Using the USDA recommendations of MyPlate (an update from MyPyramid) please consider the following when serving your clients.



Enjoy your food, but eat less

Avoid oversized portions

Make half your plate fruits and vegetables

Make at least half of your grains whole grains

Vary your protein choices

Switch to skim or 1% milk

Cut back on foods high in solid fats, added sugar and salts

Compare sodium in foods like soups and frozen meals. Choose the foods with lower numbers

Drink water instead of sugary drinks

The items in bold are the most relevant to homeless people and those who are food insecure. Although “*eating less*” and “*avoiding oversized portions*” is recommended, it is just not practical for homeless people.

Go to Choosemyplate.gov for further information and resources
(information available in Spanish)



Resources for Emergency Food Providers

For Food Banks/Pantries and Closets

Improving food bags to best suit homeless families and individuals

Provide food that can be eaten without cooking. Most homeless people do not have regular access to cooking appliances

Provide food that will not spoil quickly. Along with limited access cooking facilities. Many homeless people have limited access to refrigerated food storage.

Provide alternate sources of calcium. Since homeless people do not have regular access to refrigerator it limits their dairy product intake. Provide options to those who may not be able to tolerate dairy products.

Make sure the food given is nutrient dense, it may be the only food they will have for a while.

Provide can openers. Not all homeless people own one.

Donations and Purchasing for Emergency Food Providers.

Donated food from food drives end up being odds and ends and leftovers from people's pantries. Some food banks request healthier foods from donors. Alameda County Food Bank and RiverCity food Bank, both provide examples of *Wish-List* items. Asking donors to try to fulfill the wish list of healthier food items can help improve the nutritional quality of donated foods.

Healthy Food Policies

Sacramento Food Bank and Family Services (SFBFS) does not accept donated pastries. They offer about 80% fresh produce in food bags to their clients. Alameda County Community Food Bank (ACCFB) also does not accept soda donations. An increase in produce makes up for the pounds lost from not accepting donations like soda.

Partnerships that Work

Connections with local farms: SFBFS and ACCFB partners with local farms to negotiate price to increase the amount of fresh produce they are able to make available to clients.

SFBFS aside from buying produce they also negotiate with farmers to donate produce and possibly buy excess harvest from farmers at a lower price. Storage capacity is an issue for some organizations face. An increase in fresh produce may require the use of refrigerators that limits food pantries/closets capacity to accept fresh produce. Do not let that stop you. Let the community know of your needs and solicit donations for refrigeration.



Resources for Emergency Food Providers

Nutrition Efforts

The California Department of Public Health's Network for Healthy California's Harvest of the Month provides additional resources that can be used for nutrition education. It provides simple recipes some that do not require cooking, and basic nutrition information on the featured produce item. See Harvestofthemonth.com for more information.

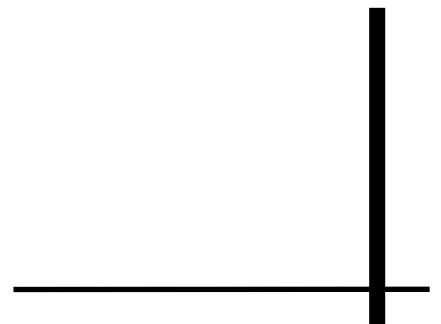
Share our Strength offers different program such as Cooking Matters. See Shareourstrength.org for more information.

Gardening

Gardening can bring additional fresh fruits and vegetables to your kitchen. The garden can be used as learning and training tools for your clients (cooking classes, nutrition education, etc.). The use work-share systems can assist with maintaining the garden. For example, those who help maintain the garden is able to take some fresh produce with them.

See Homeless Garden Project in Santa Cruz, California for a great example on connecting gardening with homeless people.

See homelessgardenproject.org for more information.





Shopping List

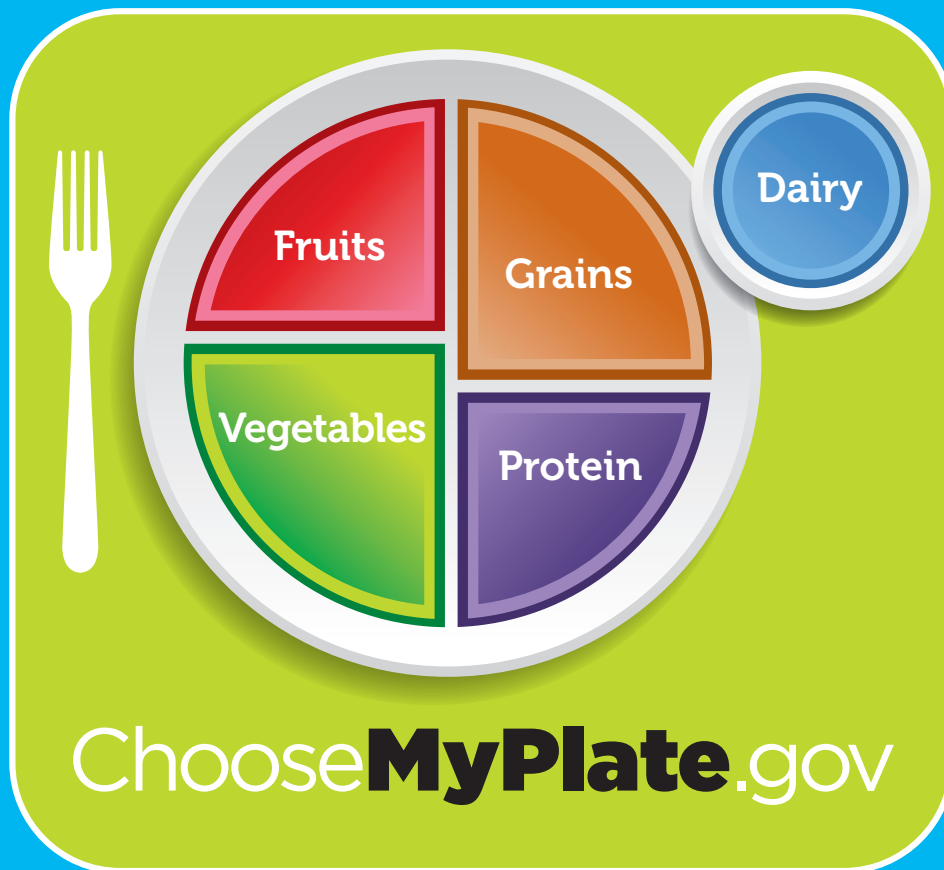
The following is a list of our most needed food drive items:

- Canned Fruit & Vegetables
- Canned Meats and Fish
- Peanut Butter
- Pasta
- Beans
- Rice
- Canned Soup (low-salt)
- Low-sugar Cereal and Oatmeal
- Tomato Sauce
- Powdered Milk



ALAMEDA COUNTY
COMMUNITY
FOOD BANK

What's on your plate?



Choose **MyPlate**.gov



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.



Make at least half your grains whole.



Switch to skim or 1% milk.



Vary your protein food choices.

| Vegetables | Fruits | Grains | Dairy | Protein Foods |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.</p> | <p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p> | <p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p> | <p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p> | <p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p> |

For a 2,000-calorie daily food plan, you need the amounts below from each food group.
To find amounts personalized for you, go to ChooseMyPlate.gov.

| Eat 2½ cups every day | Eat 2 cups every day | Eat 6 ounces every day | Get 3 cups every day | Eat 5½ ounces every day |
|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p> | <p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p> | <p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p> | <p>What counts as a cup? 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</p> | <p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p> |

Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents: get 60 minutes or more a day.

Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.



U.S. Department of Agriculture • Center for Nutrition Policy and Promotion
August 2011
CNPP-25
USDA is an equal opportunity provider and employer.



Nutrition Education Additional Resource List

Acid Reflux

What is Acid Reflux?

There is a valve at the entrance of your stomach. It opens and closes as you eat, but acid reflux disease occurs when the valve does not close all the way, resulting in acid from your stomach to move up towards your throat, which often results in chest pain, also known as heart burn.

Nutritional Suggestions on How to Control Acid Reflux

Do not lie down within 2 hours after eating.

There are a number of foods that trigger acid reflux while other foods may reduce it

Foods to Avoid: Fatty, Sugary and Acidic foods

Orange juice
Lemon
Lemonade
Grapefruit Juice
Cranberry Juice

French Fries
Tomato
Raw onions

Butter Cookie
Brownie
Chocolate
Doughnut
Potato Chips

Ground beef
Chicken nuggets
Buffalo Wings

Sour Cream
Milk Shake
Ice Cream
Cottage Cheese

Liquor and Wine
Coffee
Tea
Soda

Macaroni and Cheese
Spaghetti with sauce

Creamy Salad
Dressing
Salad Dressing, Oil
and vinegar

See a medical professional for more information





Nutrition Education Additional Resource List

Anemia/Iron Deficiency

What is Anemia

Anemia is a condition in which the body does not have enough healthy red blood cells. Red blood cells provide oxygen to body tissues. **Anemia develops in a variety of ways, sometimes due to lack of iron, B12, and Folate.**

Nutritional Suggestions on Iron, B12 and Folate Foods:

Iron Rich Foods Include:

Sources of Iron typically come from dark leafy greens like spinach, bok-choy, Beans like kidney beans and chickpeas and red meats like beef.

B12 Rich Foods:

Source of B12 typically come from animal products like eggs, milk yogurt and fish. Some cereals also contain B12, but always check the nutritional facts label.

Folate Rich Foods:

Sources of typically come from vegetables, fruits and beans like, broccoli, cauliflower, beets, mustard greens, corn, papaya, lentils, and asparagus

See a medical professional for more information





Nutrition Education Additional Resource List

Depression

What is Depression?

Intense feelings of sadness and anger
Lack of interest in things you like and people you love
Have a difficult time in dealing with stress

Prescription medicines are typically used to treat depression. Healthy eating and active living may help ease the symptoms of depression, too.

Nutritional Suggestions

Eat Nutrient Dense Foods:

Apricots, broccoli, cantaloupe, carrots, peaches, blue berries, and nuts
Get plenty of Vitamin D
Increase Omega 3 fatty acids: fish and fresh tuna, nuts and avocados
Increase Magnesium: oysters, bananas, spinach, dark leafy greens, apples, lemons, peaches, sunflower seeds, avocados, and almonds.

Eat healthy proteins: Tuna, Chicken, turkey, fish, beans, peas and low fat cheese

Watch out for Carbohydrates Limit sugary foods and eat smart carbs instead such as whole grains and fruits.

Avoid caffeine and Stay active.

See a medical professional for more information





Nutrition Education Additional Resource List

Diabetes Type 1 & 2 and Hypoglycemia

What is Diabetes and Hypoglycemia

Type 1

When the body does not produce enough insulin to regulate sugar levels. Insulin injections are typically prescribed. It is usually diagnosed in children and young adults.

Type 2

The most common form of diabetes, the body does not produce enough insulin.

Blood sugar levels are controlled by diet and physical activity. Oral medications may be used to help your body respond to the insulin you make. Some patients need insulin injections or insulin pump

Hypoglycemia

Blood sugar is too low because the body uses the sugar too quickly. It can develop from a variety of reasons, such as not eating at regular intervals or taking too much insulin.

*Note this is different from Diabetes

Nutritional Suggestions

Watch portion size, pick foods nutrient dense foods and eat meals

Regular exercise controls blood sugar levels

Watch the amount of carbohydrates you eat (bread and pasta)

Eat at the same times everyday to regulate glucose levels

Maintain a healthy weight

Additional Resource: www.diabetes.org

See a medical professional for more information





Nutrition Education Additional Resource List

Drug and Alcohol Recovery and Healthy Eating

Healthy eating with exercise can reduce cravings, control mood swings and begin to repair your body.

Nutritional Suggestions

Avoid Caffeine and Sugar.

Sugar can cause mood fluctuations

Caffeine can prevent your body from absorbing nutrients from the food you eat

Eat more Vegetables and Fruits

Eat more Whole grains such as whole wheat bread, oatmeal, and brown rice

Eat more lean protein such as chicken, turkey and fish

Additional Resource: <http://www.alcoholicsvictorious.org/>

Hepatitis (A, B and C)

What is Hepatitis?

A viral infection of the liver, leads to swelling and irritation of the liver. Hepatitis C can lead to chronic Hepatitis

Caused by the immune system attacking the liver, liver damage from alcohol or drugs, infections by bacteria or parasites and exposure to A, B, C virus.

Nutritional Suggestions

Drink lots of fluids such as water, broth and low sugar sports drinks

Avoid alcohol to protect your liver

Avoid salty and high protein foods if you have 'cirrhosis' (poor liver function)

See a medical professional for more information





Nutrition Education Additional Resource List

High Blood Pressure/Hypertension

What is Hypertension?

Hypertension is also known as high blood pressure. Increase in physical activity, eating a low-sodium and low-fat diet can help reduce your blood pressure.

Nutritional Suggestions

Drink plenty of water

Reduce fat and oils in the food you eat

Get enough potassium; it lessens the effect of sodium on blood pressure

Bananas, root vegetables, peaches, avocados, melon, squash, lentils, fish, milk, and yogurt

Reduce Sodium

Maintain a healthy weight

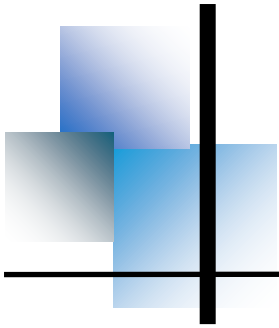
Quit smoking

Reduce alcohol consumption

Tips to reduce sodium: Do not add salt to your food; try using other seasonings that do not contain salt. Read food labels to check for sodium content. Limit the amount of processed foods you eat. Rinse the canned vegetables and get “Low-sodium” or “No salt added” canned goods.

See a medical professional for more information





Nutrition Education Additional Resource List

HIV/AIDS and Healthy Eating

What is HIV and AIDS?

HIV stands for Human Immunodeficiency Virus that can lead to AIDS, the most advance stages of HIV.

HIV virus attacks the immune system leaving your body vulnerable to other illnesses and taking much longer to repair itself. Healthy eating can reduce your risk of potential illnesses.

Nutritional Suggestions

Eat a well-balanced meal

Be sure to eat staple foods with every meal (such as rice, grains, potatoes, and sweet potatoes).

Increase Vitamins and Minerals, eating more fruits and vegetables

Eat vegetables and fruits everyday

Drink plenty of water

Drink milk and dairy

When losing weight in advance stages of HIV/AIDS, increase calories as well as maintaining nutrient dense meals.

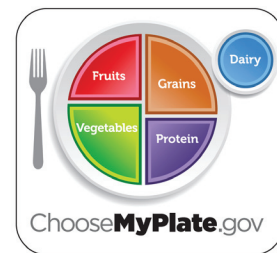
See a medical professional for more information



10 tips

Nutrition
Education Series

eating better on a budget



10 tips to help you stretch your food dollars

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



2 get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4 buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5 buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

7 easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



8 cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 get your creative juices flowing

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

10 eating out

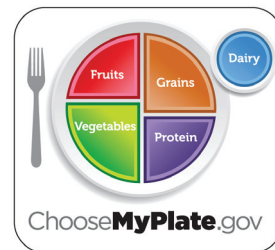
Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.

10 tips

**Nutrition
Education Series**

salt and sodium

10 tips to help you cut back



It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

1 think fresh

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2 enjoy home-prepared foods

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

3 fill up on veggies and fruits—they are naturally low in sodium

Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

4 choose dairy and protein foods that are lower in sodium

Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

5 adjust your taste buds

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.



6 skip the salt

Skip adding salt when cooking. Keep salt off the kitchen counter *and* the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

7 read the label

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

8 ask for low-sodium foods when you eat out

Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

9 pay attention to condiments

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

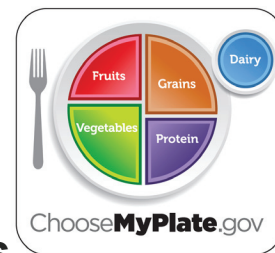
10 boost your potassium intake

Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

10 tips

Nutrition
Education Series

smart shopping for veggies and fruits



10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



10 plan and cook smart

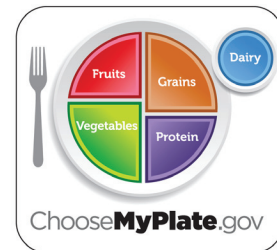
Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

10 tips

Nutrition
Education Series

be a healthy role model for children

10 tips for setting good examples



You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone

Stop being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.



5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.

6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



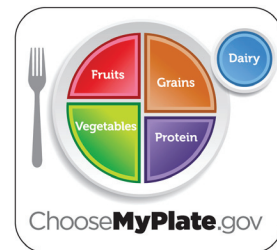
10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

10 tips

**Nutrition
Education Series**

kid-friendly veggies and fruits



10 tips for making healthy foods more fun for children

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

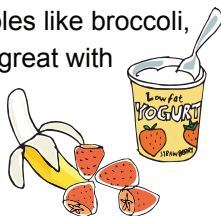
1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

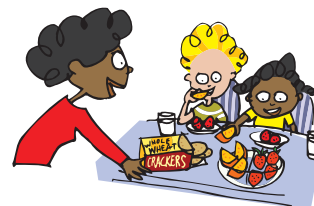


9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.

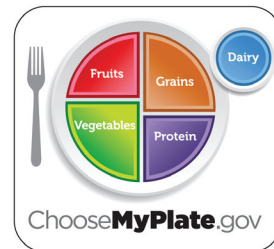


10 tips

Nutrition
Education Series

cut back on your kid's sweet treats

10 tips to decrease added sugars



Limit the amount of foods and beverages with added sugars your kids eat and drink. If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

1 serve small portions

It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

2 sip smarter

Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.



3 use the check-out lane that does not display candy

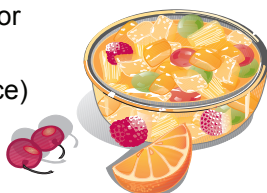
Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

4 choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5 make fruit the everyday dessert

Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.



6 make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 encourage kids to invent new snacks

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their "new" snack.



8 play detective in the cereal aisle

Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

9 make treats "treats," not everyday foods

Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

10 if kids don't eat their meal, they don't need sweet "extras"

Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

Network for a Healthy California

Nutrition Glossary

October 2009



Purpose

This glossary provides nutrition information about the nutrients commonly found in fruits, vegetables, and other plant foods to help state and regional staff develop materials with consistent nutrition information, and aid in training staff on how to educate consumers about the health benefits of fruits, vegetables, and other plant foods. For example, one contractor might mention how vitamin A supports healthy vision while another might focus on healthy skin, and another may spend an inordinate amount of time trying to decide if they should mention other benefits of vitamin A. With the *Network for a Healthy California (Network)* Nutrition Glossary, contractors can save time by using the definitions that follow with the knowledge that state *Network* staff have reviewed and agreed that each term gives an accurate description of some of the most important benefits of each nutrient.

Each glossary definition has a long and a short version. Each version can stand alone as an accurate description of a nutrient. When using the glossary for training purposes, the long version should be used to give staff the most detail possible. When using the glossary for educational materials that have limited space, the short version should be used. The Nutrition Glossary is available as an educational tool on the *Network's* Communications Resource Library at www.networkforahealthycalifornia.net/Library.

Glossary Overview

Organization of the Definitions: An alphabetized Index of Contents is available below to show readers what the glossary includes. The glossary terms are then organized into three categories – general nutrient information, vitamins, and minerals – as a way to further educate readers about the classifications of each term.

Literacy Level: The glossary is written for low literacy audiences so that any term can be directly inserted into consumer educational materials. It is also written in this manner to help train staff on how to answer questions about the benefits of fruits and vegetables in non-technical terms.

Champion Foods: The champion foods section is an alphabetical list of foods that are good or excellent natural sources of the nutrient being described.

A food that is a good source of a nutrient has 10-19 percent of the recommended daily value of the nutrient per half cup portion.

A food that is an excellent source of a nutrient has 20 or more percent of the recommended daily value of the nutrient per half cup portion.

Exceptions to this rule are the champion foods for folate and thiamin, as plant sources for these nutrients are often fortified. The champion foods list is not all-inclusive but meant to give a quick example of the variety of common foods that provide various health benefits as part of a balanced diet. The champion foods list for water is not alphabetical as the obvious best source for water is water.

FUTURE TERMS:

While the Nutrition Glossary began as a way to highlight the benefits of fruits, vegetables, and other plant foods, if it is deemed necessary to expand the list, additional terms may include: sodium, phosphorus, organic, metabolism, whole grain, and other terms that cover broader nutrition concepts.

Index of Contents

| | | | |
|--------------------------|----|----------------------------------|----|
| Antioxidants | 6 | Potassium | 10 |
| Calcium | 10 | Proteins | 5 |
| Calories | 3 | Riboflavin | 7 |
| Carbohydrates | 3 | Thiamin | 7 |
| Fats | 4 | Vitamins and Minerals. | 6 |
| Fiber. | 4 | Vitamin A | 7 |
| Folate | 8 | Vitamin B ₆ | 8 |
| Iron. | 10 | Vitamin C | 8 |
| Magnesium. | 10 | Vitamin E | 9 |
| Nutrients. | 3 | Vitamin K | 9 |
| Phytochemicals | 6 | Water | 5 |

General Nutrient Information

Nutrients

Nutrients are needed for life. They are carbohydrates, proteins, fats, water, vitamins, and minerals. The body uses nutrients to grow, work, and fix itself. Everyone needs nutrients from food, but different amounts are needed depending on a person's age, gender, and physical activity level. There are two types of nutrients:

- **Macronutrients** are needed in larger amounts and include carbohydrates, protein, fats, and water.
- **Micronutrients** are needed in smaller amounts than macronutrients and include vitamins and minerals.

Nutrients are needed for life. They are carbohydrates, proteins, fats, water, vitamins, and minerals. The body uses nutrients to grow, work, and fix itself.

Calories

Calories measure the energy found in food. Just as minutes measure time and inches measure length, calories measure the amount of energy found in a food. The body needs energy to function, which is why food is needed for life. Calories are found in carbohydrates, proteins, fats, and alcohol.

Calories measure the energy found in food. The body needs energy to function, which is why food is needed for life.

CHAMPION FOODS INCLUDE: Vegetables, fruits, beans, whole grains, lean meats, and lowfat dairy foods.

Carbohydrates

Carbohydrates are the body's main source of energy. Carbohydrates are found in most foods and come in two forms:

- **Simple carbohydrates** (also known as simple sugars) give you quick energy and are found naturally in foods like fruits, vegetables, and milk. Some simple carbohydrates, such as white or brown sugar, high fructose corn syrup, molasses, or honey, are often added to foods.
- **Complex carbohydrates** (also known as starches) give you longer lasting energy and can be found in foods such as fruits, vegetables, whole grains, and beans.

One gram of carbohydrate has 4 calories.

Carbohydrates are the body's main source of energy. One gram of carbohydrate has 4 calories.

CHAMPION FOODS INCLUDE: Beans, fruits, lowfat dairy foods, vegetables, whole grains (such as whole wheat bread or crackers, brown rice, oatmeal), and nuts.

Fiber

Fiber is found only in plant foods like fruits, vegetables, grains, nuts, and seeds. Fiber comes in two forms:

- **Insoluble Fiber** is known as “roughage” and helps move food through the body to prevent constipation. It also helps control blood sugar levels.
- **Soluble Fiber** helps pull cholesterol out of the body. It also helps control blood sugar levels and keep food in the stomach longer so that you feel full.

Fiber may also help lower the risk of high blood pressure, heart disease, stroke, and some types of cancer.

Fiber helps you feel full, keep normal blood sugar levels, and avoid constipation. It is found only in plant foods.

CHAMPION FOODS INCLUDE: Beans, blackberries, dates, peas, pears, pumpkin, raspberries, whole wheat cereal, and whole wheat bread or crackers.

Fats

Fats are nutrients that make cells, protect the body’s organs, and help absorb certain vitamins. Fats come in many forms and some are healthier than others:

- **Monounsaturated and polyunsaturated** fats are oils that help to lower “bad” cholesterol (LDL) levels and may raise the “good” cholesterol (HDL) levels. Both monounsaturated and polyunsaturated fats are found in plants, nuts, and fish.
- **Saturated and trans fats** are solid fats that raise the “bad” (LDL) cholesterol. Trans fats also lower the “good” (HDL) cholesterol levels. Saturated fats are normally found in animal products (butter, whole milk, beef, and pork), while trans fats come from hydrogenated vegetable oils (shortening, and margarine) used in pre-cooked foods (fried foods, cakes, crackers).

One gram of fat has 9 calories.

Fats are nutrients that make cells, protect the body’s organs, and help absorb certain vitamins. One gram of fat has 9 calories.

CHAMPION FOODS INCLUDE: Avocado, canola oil, some fish, nuts, olives, and olive oil are all good sources of healthy monounsaturated and polyunsaturated fats.

Proteins

Proteins are nutrients found in both plant and animal sources. Proteins are made of amino acids, which the body uses to build and fix itself. There are two types of protein:

- **Complete proteins** are made of all of the amino acids the body needs to survive. Proteins from animal products (like meat, milk, and poultry) and soy beans are complete proteins.
- **Incomplete proteins** are missing one or more of the amino acids that the body needs to survive. Proteins from plant sources (like grains, fruits, and vegetables) are examples of incomplete proteins. Eating a variety of fruits, vegetables, and whole grains will help the body get all of the amino acids it needs.

One gram of protein has 4 calories.

Proteins are nutrients that build and fix the cells that make up the body. One gram of protein has 4 calories.

CHAMPION FOODS INCLUDE: Beans, eggs, fish, lean meats, lowfat dairy foods, poultry, and soy foods.

Water

The body needs water to live. Water helps control the body's temperature, use nutrients found in food, and carry oxygen from the lungs and food from the stomach to the rest of the body. Water helps avoid constipation and helps keep the eyes, nose, and mouth moist. The water found in fruits and vegetables helps people reach the total amount of fluids they need to drink each day.

The body needs water to live. Water helps control the body's temperature, use nutrients found in food, and carry oxygen from the lungs and food from the stomach to the rest of the body.

CHAMPION FOODS INCLUDE: Plain water, water flavored with tea or coffee, and fruits and vegetables with large amounts of water (such as grapefruit, lettuce, and watermelon).

Vitamins and Minerals

Vitamins and minerals are nutrients that are needed for the body to grow, work, and fix itself. People who eat a healthy, balanced diet with healthy choices from each food group will most likely get all the vitamins and minerals they need without taking pills or supplements.

Vitamins and minerals are nutrients that are needed for the body to grow, work, and fix itself.

CHAMPION FOODS INCLUDE: Beans, lowfat dairy products, fruits, lean meats, vegetables, and whole grains.

Phytochemicals

Phytochemicals (also known as phytonutrients) help boost the immune system and help lower the risk of heart disease and some types of cancer. They are found only in plant foods. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eating a variety of colorful fruits and vegetables is an easy way to get a combination of phytochemicals that can improve health.

Phytochemicals (also known as phytonutrients) help boost the immune system and help lower the risk of heart disease and some types of cancer. They are found only in plant foods.

CHAMPION FOODS INCLUDE: Blueberries, broccoli, citrus fruits, soy foods, and tomatoes.

Antioxidants

Antioxidants are a group of vitamins, minerals, and phytochemicals that may lower the risk for some diseases by keeping the body safe from free radicals. Free radicals are a type of waste the body makes when it uses oxygen to make energy. Removing free radicals from the body may lower the risk of some types of cancer and help keep the immune system healthy.

Antioxidants are a group of vitamins, minerals, and phytochemicals that may lower the risk for some diseases by keeping the body safe from free radicals. Free radicals can hurt the body's cells.

CHAMPION FOODS INCLUDE: Artichokes, blackberries, blueberries, cranberries, pecans, raspberries, strawberries, and walnuts.

Vitamins

Vitamin A

Vitamin A helps maintain good vision, fight infection, support cell growth, and keep skin healthy. Vitamin A is also an antioxidant that helps to keep the body safe from free radicals.

Vitamin A helps maintain good vision, fight infection, and keep skin healthy.

CHAMPION FOODS INCLUDE: Dark orange vegetables (such as carrots, pumpkin, sweet potatoes) and dark leafy greens (such as kale, spinach, and turnip greens).

Thiamin

Thiamin is also called vitamin B₁. Thiamin helps keep the body's nerves healthy. It also helps the body use the energy found in food.

Thiamin is also called vitamin B₁. Thiamin helps keep the body's nerves healthy.

CHAMPION FOODS INCLUDE: Fortified whole grain cereal, lean pork, lentils, peas, and pecans.

Riboflavin

Riboflavin is also called vitamin B₂. It helps turn food into energy and is important for healthy eyes and skin.

Riboflavin is also called vitamin B₂. It helps turn food into energy.

CHAMPION FOODS INCLUDE: Lowfat milk, mushrooms, spinach, whole grain cereals, and zucchini.

Vitamin B₆

Vitamin B₆ helps the body build healthy blood cells. Vitamin B₆ is needed to help build proteins and release energy. It also helps build substances that fight infection, send signals to the brain, and control blood sugar levels.

Vitamin B₆ helps the body build healthy blood cells. Vitamin B₆ is also needed to help build proteins and release energy.

CHAMPION FOODS INCLUDE: Avocados, bell peppers, butternut squash, cauliflower, collard greens, and zucchini.

Folate

Folate is a vitamin that helps make healthy red blood cells and lower a woman's risk of having a child with certain birth defects. It is also being studied for its ability to help protect against heart disease.

Folate is a vitamin that helps make healthy red blood cells and lower a woman's risk of having a child with certain birth defects.

CHAMPION FOODS INCLUDE: Avocados, blackeye peas, broccoli, fortified breakfast cereals and breads, okra, oranges, pinto beans, asparagus, and spinach.

Vitamin C

Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection. Vitamin C also keeps the body from bruising and helps build the tissue that holds muscles and bones together. It also helps the body absorb the iron found in foods. Vitamin C is found only in plants.

Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection.

CHAMPION FOODS INCLUDE: Bell peppers, broccoli, citrus fruits (such as oranges and grapefruit), cantaloupe, cauliflower, kiwifruit, mustard greens, and strawberries.

Vitamin E

Vitamin E is an antioxidant that protects the body's cells. Vitamin E also helps the body use vitamin K and keep the immune system, skin, and hair healthy.

Vitamin E is an antioxidant that protects the body's cells.

CHAMPION FOODS INCLUDE: Nuts, oils (such as corn oil, cottonseed oil, safflower oil, and soybean oil), seeds, and wheat germ.

Vitamin K

Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process. Together with calcium, vitamin K helps build strong bones. Vitamin K may also help keep blood vessels healthy.

Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.

CHAMPION FOODS INCLUDE: Asparagus, broccoli, collard greens, kale, and spinach.

Minerals

Calcium

Calcium is a mineral that works with vitamin D and phosphorous to build strong bones and teeth. Calcium also helps keep a healthy blood pressure, helps keep nerves healthy, and helps muscles move.

Calcium is a mineral that works with vitamin D and phosphorous to build strong bones and teeth.

CHAMPION FOODS INCLUDE: Almonds, calcium fortified orange juice and tofu, canned salmon, dark green leafy vegetables, dried beans, lowfat dairy foods, and cactus leaves (nopales).

Iron

Iron is a mineral that helps move oxygen from the lungs to the rest of the body. Iron also helps the body make new red blood cells and fight infections.

Iron is a mineral that helps move oxygen from the lungs to the rest of the body.

CHAMPION FOODS INCLUDE: Beans, lean beef, lentils, fortified cereal, prune juice, pumpkin seeds, and soy foods.

Magnesium

Magnesium is a mineral that helps the body use the energy found in food. Magnesium also tells muscles to move. Together with calcium, magnesium works to build strong bones and helps vitamin C prevent infection. It may also help lower high blood pressure and high blood sugar levels.

Magnesium is a mineral that helps the body use the energy found in food. Magnesium also tells muscles to move.

CHAMPION FOODS INCLUDE: Almonds, bran cereal, brown rice, peanuts, and spinach.

Potassium

Potassium is a mineral that helps your brain tell muscles when to move. Potassium also helps keep a healthy blood pressure and helps the body use the energy found in carbohydrates.

Potassium is a mineral that helps your brain tell muscles when to move. Potassium also helps keep a healthy blood pressure.

CHAMPION FOODS INCLUDE: Bananas, beans, oranges, prune juice, peas, raisins, spinach, and tomatoes.

This material was produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.





Local Directory

Refer participants to local services by inserting a *Local Directory*.

Include information on the following:

Emergency Food Providers

Pantries/Closets and Hot Meals

Farmer's Markets that accept CalFresh/SNAP

Free/Low-cost Medical and Mental Clinics

Welfare Program Application Assistance and Eligibility information

Emergency Shelters

Affordable Housing Resources





National Advocacy on Hunger and Homelessness

The Alliance to End Hunger
www.alliancetoendhunger.org

Community Food Security
Coalition
www.foodsecurity.org

Congressional Hunger Center
www.hungercenter.org

Bread for the World
<http://www.bread.org/hunger/>

Food Research Action Center
www.frac.org

Feeding America
www.feedingamerica.org

National Law Center on
Homelessness and Poverty
www.nlchp.org/

RESULTS
www.Results.org

Share Our Strength
www.strength.org

The End Hunger Network
www.endhunger.com

National Alliance to End Home-
lessness
www.endhomelessness.org

National Coalition for the
Homeless
www.nationalhomeless.org/

National Coalition for Homeless
Veterans
www.nchv.org

National Health Care on
Homeless Council
www.nhchc.org/

National Center on Family
Homelessness
www.familyhomelessness.org/



Appendix





A program of Community Service Planning Council

To reduce hunger and malnutrition by increasing food security and access to healthy and nutritious food in Sacramento County through public education, advocacy, community organizing and grassroots advocacy research

Hunger and Homelessness in Sacramento

2010 Hunger & Food Insecurity Report

November, 2010

Bob Erlenbusch, Farshid Haque, and Michele Watts

INTRODUCTION

Inspired by Los Angeles Community Action Network's [LACAN] survey of homeless people in "skid row" or central city east in 2005, *Taken for Granted: Ignoring Downtown Food Insecurity*, the Sacramento Hunger Coalition [SHC], conducted a survey at the 2010 Homeless Connect event held on May 22, 2010. The report is based upon 112 surveys of the nearly 800 homeless men and women who attended the event.

The goals of the survey are four-fold:

- 1.** *Educate policymakers, including the Mayor, City Council, Board of Supervisors and members of the Sacramento Steps Forward Policy Board and Interagency Council and the community about hunger and food insecurity issues that homeless people face on an everyday basis;*
- 2.** *Use the results of the survey to help inform the agencies that work with homeless people, including emergency food providers as well as emergency shelters to examine their nutrition policies and alter them to better meet the food and nutrition needs of homeless people;*
- 3.** *Use the results of the survey to help inform the Policy Board in its implementation of the "10-Year Plan to End Homelessness" to include hunger and nutrition recommendations as part of a holistic approach to end and prevent homelessness in the Sacramento region;*
- 4.** *Ensure that homeless consumers are full participants in the implementation of hunger and nutrition recommendations.*

EXECUTIVE SUMMARY

Top Ten Findings:

1. **Demographics:** Survey respondents were 57.7% male; average age is 46 years old; 50.9% people of color; 54.5% single and 10.0% families with children;
2. **Health issues and nutrition:** 83.0% identify personal health issues, such as acid-reflux, hypertension and diabetes, that are exacerbated by lack of access to nutritious food;
3. **Food Stamp Assistance:** 53.2% currently do not receive Food Stamps [now called *Cal Fresh*] and 65.0% of respondents receiving food stamps report they only lasted between 2-3 weeks per month;
4. **Monthly food budget:** Nearly 53.0% spend \$200 or more on their monthly food budget, including cash and food stamps;
5. **Food Storage and cooking:** Nearly 60.0% have no access to food storage facilities; while between 56.0% - 84.0% have no access to any kind of cooking facilities;
6. **Free food:** Access to free food is limited, with even the most common source, “sidewalk giveaways,” only being utilized by 49.9% of respondents;
7. **Discrimination:** 16.0% of homeless people experience discrimination, harassment and intimidation in accessing restaurants and stores in order to eat;
8. **Eating habits and nutritious food:** Overall homeless respondents have a fairly high awareness level regarding good nutrition as demonstrated by their purchases and eating habits. However, between 15.0% - 25.0% of respondents classified foods such as hot dogs and chips as being good for them, indicating a need for continued nutrition education. Finally, even though respondents may know which foods are not nutritious, they purchase them anyway because of their low cost;
9. **Barriers to eating healthy:** Over one third identify lack of storage and cooking facilities and transportation as barriers to accessing nutritious food while over 25.0% state healthy food is not accessible to them. Additionally, over 20.0% stated they cannot use their EBT cards at local Farmers Markets;
10. **Assistance requested:** Greater availability of Farmer’s Markets, Community Gardens and BBQ areas in parks topped the list of programs respondents would like to see expanded in the Sacramento region, with 75.0% - 85.0% indicating interest in these areas.

RECOMMENDATIONS

1. Create greater access to fresh and nutritious food, including improving the nutritional quality of free food distributed in the community, such as increases in fresh fruits and vegetables.
2. Expand use of *CalFresh* [formerly Food Stamps and SNAP] electronic benefits transfer (EBT) cards at local Farmers Markets. The goal is 100% participation of Farmers Markets.
3. Expand the number of retail food outlets that accept EBT cards.
4. Promote the creation of community gardens throughout the community, including homeless encampments, parks and housing projects.
5. Aggressively expand nutrition education efforts to the homeless and low-income community, including children, including the creation of a community-based food and nutrition education series tailored specifically to the homeless population.
6. Create a Culinary job training program specifically designed for homeless and low-income people.
7. Increase transportation options [free, reduced bus/rail passes] for homeless people to be able to apply for *CalFresh* and travel to local markets.
8. Increase outreach to homeless people regarding eligibility for *CalFresh* with goal of increasing enrollment. In addition, expand phone interview at intake to include all eligible populations [note: currently Sacramento County Department of Human Assistance is only using phone interviews for seniors and people with disabilities].
9. Increase access to community food storage and cooking facilities for homeless people.
10. Create a public education campaign targeting food retail stores to educate them about homelessness and hunger, in an effort to reduce discrimination against homeless people. In addition, encourage more food retail stores to donate healthy and nutritious food to emergency food outlets.

METHODS

The Sacramento Hunger Coalition [SHC] developed the *Homeless/Hunger survey*, based on the survey used by LACAN in 2005, but modified based on input from a focus group with homeless members of the Sacramento Homeless Organizing Committee [SHOC] and SafeGround. SHC administered the survey at the 2010 Homeless Connect event on May 22, 2010. Prior to administering the survey, we trained ten of the survey takers in the administration of the survey to ensure reliability.

The survey was completed by 112 homeless men and women responding to the survey questions administered by our survey team. The respondents were a sample of the approximately 800 homeless people attending the Homeless Connect event.

SHC recruited Farshid Haque, a graduate student at the University of California, Davis, to code the data, enter the data into SPSS [Statistical Package for the Social Sciences] and run simple frequencies and cross tabulations of the data.

Limitations: The Homeless Employment Committee relied upon an “Intercept Survey” approach, meaning only those who were present at the 2010 Homeless Connect event were surveyed. Additional limitations include the use of a “self-report” approach, meaning survey responses cannot be evaluated for accuracy. The results of the survey provide a “snapshot” of the experiences and views of the homeless respondents, which when combined and compared to the 2009 survey results give us a somewhat larger “snap shot” of the employment issues facing homeless men and women.

RESULTS

SECTION I: DEMOGRAPHICS

- **Gender:** 57.7% of the respondents are male while 42.3% of the respondents are female.
- **Age:** The average age of the respondents is nearly 46 years old. Over three quarters [78.1%] of the survey respondents are between the ages of 31 and 60 years old, with over half [53.6%] being between 46 - 60 years old. In addition, 5.4% are over the age of 60.
- **Ethnicity:** 50.9% of the respondents are people of color; with 27.3% being African- American, 10.0% Latino, 8.2% mixed ethnicity, 2.7% Native American and the same percentage Asian or Pacific Islander. Close to half, or 49.1%, identified themselves as Caucasian.
- **Family Composition:** Over half, [54.5%] of the respondents are single, while 10.0% are families with children; 22.7% reported living with a spouse or partner, while 12.7% identified their family composition as “other.” Examples of “other” were respondents living with friends or family members.

SECTION II: INCOME, HOUSING and HEALTH

- **Income:** Table 1 below identifies the sources of income, including no income. The shaded rows identify the top sources of income:

Table 1: Sources of income:

| Sources of Income | Percent |
|--------------------------|----------------|
| General Assistance | 25.2% |
| SSI | 19.8% |
| No income | 19.8% |
| Employed | 13.5% |
| Social Security | 10.8% |
| Other | 8.1% |
| CalWorks | 4.5% |
| Unemployment Insurance | 4.5% |
| Recycling | 1.8% |
| Child Support | 0.9% |
| Veterans benefits | 0.9% |
| Panhandling | 0.9% |

Discussion: Nearly 70.0% [68.6%] rely on very limited income, including the subsistence General Assistance grant, Social Security and SSI. Nearly 20.0% report no income, while 13.4% work, about the same percentage as we found in our *2010 Homeless Employment Report* [an employment survey of 185 homeless people at the May, 2010 Homeless Connect event. About the same percentages [0.9% each] of people receive child support, veterans' benefits and/or "panhandling."

- **Housing Status:** Table 2 below identifies the responses to the question "where do you currently live?" The shaded area represents the top three responses.

Table 2: Housing Status:

| Housing Status | Percentage |
|-----------------------------------|-------------------|
| On the street, sleeping in car | 34.2% |
| Apartment | 18.9% |
| Emergency or transitional shelter | 12.6% |
| Couch surfing with friends | 8.1% |
| Encampment | 6.3% |
| Other [e.g., garage] | 6.3% |
| Motel – voucher | 4.5% |
| Church or mission | 4.5% |
| Substance abuse facility | 2.7% |
| Single Room Occupancy hotel [SRO] | 1.8% |

Discussion: Over one-third live outside, whether on the street or in a vehicle, with a total of 45.4% living in places not meant for human habitation [car, encampment, garage etc].

- **Health Issues:** Table 3 identifies the major health conditions of respondents. The shaded rows indicate health conditions that can be exacerbated by poor nutrition and lack of access to healthy and nutritious food.

Table 3: Health conditions:

| Health Conditions | Percentage |
|--------------------------------------|-------------------|
| Hypertension/High blood pressure | 24.3% |
| Permanent mental disability | 23.4% |
| Dental problems | 20.7% |
| Other [e.g., arthritis, Hepatitis C] | 19.8% |
| Permanent physical disability | 18.0% |
| Acid – reflux [GERD] | 14.4% |
| Diabetes | 11.7% |
| Addictions | 9.0% |
| Obesity | 5.4% |
| Lactose intolerance | 2.7% |
| HIV/AIDS | 0.9% |

Discussion: Almost all of these health problems are directly impacted by their connection to healthy and nutritious food, including acid – reflux, hypertension and diabetes. Additionally, 41.4% indicate a permanent disability and over 20.0% cite dental issues which could be related to poor nutrition and/or lack of access to healthy food as well.

SECTION III: FOOD SECURITY, ASSISTANCE AND ACCESS:

▪ **Food Stamps:**

- ❖ **Receive?** Over half [53.2%] % of the respondents currently do not receive Food Stamps, while 46.8% currently do.
- ❖ **How long do they last?** For nearly three-quarters [72.5%] of respondents, Food Stamp benefits do not last the entire month [1-3] weeks, with 64.7% reporting that Food Stamps last between 2-3 weeks and 7.8% reporting Food Stamps only last one week. Only about one-quarter [27.5%] of the respondents had the value of their food stamps last the entire month. See Table 4 below:

Table 4: How long do Food Stamps last?:

| Number of Weeks Food Stamp coverage | Percentage |
|--------------------------------------------|-------------------|
| One week | 7.8% |
| Two weeks | 31.4% |
| Three weeks | 33.3% |
| Four weeks | 27.5% |

- **Barriers to receiving Food Stamps:** For those respondents not currently receiving Food Stamps, Table 5 below identifies the barriers reported to receiving their benefit [again, 53.2% or 59 out of the 111 total respondents who answered this question]:

Table 5: Barriers to receiving Food Stamps:

| Reasons | Percentage |
|------------------------------------------|-------------------|
| Receive SSI- do not qualify | 41.4% |
| Other (e.g., not a US citizen, red tape) | 20.7% |
| Income too high – do not qualify | 12.1% |
| Never applied before | 10.3% |
| Denied Food Stamps | 3.4% |
| Requirements of program – not worth it | 3.4% |
| Waiting to receive Food Stamps | 3.4% |
| Embarrassed/pride | 1.7% |
| Language barriers | 1.7% |
| Saving benefits for later | 1.7% |
| Lack of transportation | 1.7% |
| Don't know how to apply | 1.7% |
| Drug felony | 1.7% |

Discussion: Over half [53.5%] do not receive Food Stamps since they do not qualify, either because they are receiving SSI [disability insurance] or their income is perceived to be too high to qualify. Nearly one-third [32.6%] [combining other, requirements, pride, language, transportation, and don't know how to apply] have barriers to receiving Food Stamps, that could be overcome with outreach and education.

- **Drug Felony:** **Note:** If you are convicted of a drug-related felony for sales or manufacture occurring after August 22, 1996, you will be permanently ineligible for food stamps. If your felony was for possession or use of drugs, you can get food stamps if you show that you are in a drug recovery program, OR have completed one OR are on a waiting list for one, OR sign an affidavit that you are no longer using drugs.

60.4% of the respondents know that they could still receive food stamps if they had a felony and meet the conditions above, while 39.6% did not know that about the Food Stamp rules.

Discussion: While not identified as a barrier in Table 5 [above], the fact that almost 40.0% of the respondents did not know this Food Stamp rule could reflect that this lack of information is a barrier to participating in the Food Stamp program for some.

- **Monthly food budget:** Over half, [52.8%] of the respondents, spend \$200 or more on their monthly food budget, including both cash and food stamps. Nearly one-third [31.5%] spend between \$51 - \$200 per month on food including Food Stamps.

Discussion: These answers correspond to the responses in Table 4 [above] about how long Food Stamp benefits last. Because the benefit rarely last the entire month for over almost three-fourths [72.4%] of the respondents, they have to spend additional funds on their monthly food budget.

- **Access to food storage/cooking:**
 - ❖ **Storage:** Nearly 60% [58.9%] of the respondents had no access to food storage facilities. Of those with access, 40.1%, it was divided nearly evenly between those who had access to food storage on their own, and those who shared with another person [51.2% and 48.8% respectively.]
 - ❖ **Cooking facilities:** Table 6 below identifies reported access, or lack of it, to a variety of facilities that enable cooking meals:

Table 6: Access to cooking facilities:

| Type of cooking facilities | No | Yes |
|-----------------------------------|-----------|------------|
| Hot plate | 84.1% | 15.9% |
| Small refrigerator | 81.7% | 18.3% |
| Camping stove | 76.6% | 23.4% |
| Ice Chest | 73.8% | 26.2% |
| BBQ areas | 69.2% | 30.8% |
| Oven | 58.9% | 41.1% |
| Full-size refrigerator | 57.9% | 42.1% |
| Microwave | 56.1% | 43.9% |
| Stove | 56.1% | 43.9% |

Discussion: Overwhelmingly, homeless people lack access to the basic tools of cooking and preparing meals, including lack of access to refrigeration and a facility to warm or cook food [hot plate, camping stove, etc.]

- **Access to free food:** Table 7 below identifies the following locations to access free food. The shaded area notes the total yes responses [accessing totals of once/month, once/week and twice/week from highest to lowest]:

Table 7: Locations to access free food:

| Location | Once/month | Once/week | Twice/week | Total yes | None |
|-----------------------|-------------------|------------------|-------------------|------------------|-------------|
| Sidewalk giveaways | 24.0% | 16.3% | 9.6% | 49.9% | 50.0% |
| Food banks | 33.7% | 9.6% | 3.8% | 47.1% | 52.9% |
| Super Saturday | 26.9% | 8.7% | 1.9% | 37.5% | 62.5% |
| Churches – synagogues | 18.3% | 8.7% | 4.8% | 31.8% | 68.3% |
| Grocery stores | 15.4% | 5.8% | 9.6% | 30.8% | 69.2% |
| Friends/family | 14.4% | 7.7% | 8.7% | 30.8% | 69.2% |
| Handouts | 12.5% | 8.7% | 5.8% | 27.0% | 73.1% |
| Fast food outlets | 17.3% | 4.8% | 4.8% | 26.9% | 73.1% |
| Hot meal programs | 7.7% | 4.8% | 13.5% | 26.0% | 74.0% |
| Convenience stores | 5.8% | 7.7% | 11.5% | 25.0% | 75.0% |
| Panhandle | 7.7% | 1.0% | 2.9% | 11.6% | 88.5% |
| Farmers Markets | 9.6% | 1.9% | - | 11.5% | 88.5% |
| Other | 9.6% | - | 1.0% | 10.6% | 89.4% |
| Dumpsters | 5.8% | - | 3.8% | 9.6% | 90.4% |
| Meals on Wheels | 1.9% | 1.0% | - | 2.9% | 97.1% |
| Mobile markets | 1.9% | - | - | 1.9% | 98.1% |

Discussion: The top five sources of access to free food are:

- ❖ Sidewalk give-aways
- ❖ Food Banks
- ❖ Super – Saturday
- ❖ Churches and synagogues
- ❖ Grocery stores tied with family and friends

Access to free food is limited. Even the number one source, “Sidewalk give-aways,” are only accessed by 49.9% of respondents. [Note: Only 14% of the Sacramento Farmer’s Markets allow the use of the Electronic Benefits Transfer (EBT) card] or hot meals. Sadly, 11.6% of respondents rely on panhandling for food and almost 10.0% of search dumpsters to help feed themselves.

- **Discrimination:** Table 8 below documents how respondents stated they were victims of some form of discrimination and/or harassment when attempting to access food:

Table 8: Discrimination and harassment:

| Type of discrimination | Yes | No |
|-------------------------------------------------------------------|------------|-----------|
| Not allowed to use Food Stamps in store | 26.5% | 73.5% |
| Refused service in restaurant or store because they were homeless | 20.2% | 79.8% |
| Security asked or forced you to leave because you were homeless | 18.2% | 81.8% |
| Asked to eat outdoors or take food to go | 16.2% | 83.8% |
| Asked to show money before entering restaurant or store | 12.1% | 87.9% |
| Other [see comments below] | 10.2% | 89.8% |
| General intimidation by customers | 10.1% | 89.9% |

Discussion: Averaging the seven forms of discrimination and harassment, on average 16.2% of homeless people face some type of discrimination, harassment or intimidation in accessing restaurants and stores in order to eat. Comments [“Other” above] that were said to homeless people included:

- ❖ “You boy, you leave.”
- ❖ “You don’t look like the face of homelessness.”

SECTION IV: FOOD AND NUTRITION

- **Food you regularly eat:** Respondents were asked “Which of the following 30 items do you regularly buy and/or eat?” Table 9 below identifies these items in order of regularly purchasing:

Table 9: Foods homeless people regularly purchase/eat:

| <i>Regularly purchase/eat</i> | <i>Percentage “yes”</i> |
|-------------------------------|-------------------------|
| Cheese | 73.1% |
| Meats [chicken, beef] | 72.2% |
| Eggs | 71.3% |
| Fresh veggies | 71.3% |
| Milk | 71.3% |
| Fresh fruit | 69.4% |
| Canned fruits and veggies | 65.7% |
| Rice | 65.7% |
| Peanut butter | 62.4% |
| Fruit juices | 61.1% |
| Whole grain breads/cereals | 58.3% |
| Salad | 58.3% |
| Chips | 57.8% |
| Beans | 57.4% |
| Seafood | 55.6% |
| Tortillas | 54.6% |
| Hot dogs | 54.6% |
| Cooking Oil | 52.8% |
| Ramen noodles | 51.9% |
| Salt | 49.1% |
| Pre-packaged snack foods | 48.1% |
| Tacos | 46.3% |
| Soda | 44.4% |
| White bread | 43.5% |
| Pre-packaged pasta | 43.5% |
| Fast food | 41.7% |
| Pre-packaged meals | 40.7% |
| Pizza | 38.9% |
| Donuts | 36.1% |
| Soy products | 22.2% |

- **Food you consider nutritious:** The survey next asked the respondents from this same list of 30 items they generally purchased or ate, which they considered nutritional or healthy food options. Table 10 lists the list of 30 items in rank order [highest to lowest] of what respondents considered to be nutritional or healthy food.

Table 10: Ranking of 30 items by perceived nutritional/healthy value:

| <i>Foods considered to by nutritious</i> | <i>Percentage “yes”</i> |
|-------------------------------------------------|--------------------------------|
| Fresh veggies | 85.6% |
| Fresh fruits | 81.9% |
| Salad | 73.3% |
| Seafood | 68.6% |
| Milk | 65.7% |
| Eggs | 65.7% |
| Cheese | 62.9% |
| Beans | 61.9% |
| Fruit juice | 59.0% |
| Rice | 59.0% |
| Meats [chicken, beef] | 59.0% |
| Whole grain bread/cereals | 54.3% |
| Peanut butter | 50.0% |
| Canned fruits and veggies | 51.4% |
| Tortillas | 42.9% |
| Soy products | 38.0% |
| Tacos | 26.7% |
| White bread | 25.7% |
| Pre-packaged pasta | 22.9% |
| Cooking oil | 19.0% |
| Salt | 18.0% |
| Ramen noodles | 16.2% |
| Hot dog | 15.2% |
| Pizza | 15.2% |
| Chips | 14.3% |
| Pre-packaged snack foods | 14.3% |
| Pre-packaged meals | 13.3% |
| Soda | 11.4% |
| Fast food | 9.5% |
| Donuts | 7.6% |

- **What dieticians say about the nutritious or healthy food options:** Below in Table 11 is a comparison of what our respondents generally purchased, what they considered nutritional or healthy food options and how our dieticians ranked the nutritional/health value of the 30 items in our survey:

TABLE 11: Comparison of items purchased; considered nutritious and how Dieticians rank the food

| Food item | Purchased | Consider nutritious | Dieticians rank * |
|----------------------------|-----------|---------------------|-------------------|
| Cheese | 73.1% | 62.9% | 3 |
| Meats [chicken, beef] | 72.2% | 59.0% | 3 |
| Eggs | 71.3% | 65.7% | 2 |
| Fresh veggies | 71.3% | 85.6% | 1 |
| Milk | 71.3% | 65.7% | 2 |
| Fresh fruit | 69.4% | 81.9% | 1 |
| Canned fruits and veggies | 65.7% | 51.4% | 2 |
| Rice | 65.7% | 59.0% | 1 |
| Peanut butter | 62.4% | 50.0% | 3 |
| Fruit juices | 61.1% | 73.3% | 3 |
| Whole grain breads/cereals | 58.3% | 54.3% | 1 |
| Salad | 58.3% | 68.6% | 2 |
| Chips | 57.8% | 14.3% | 5 |
| Beans | 57.4% | 61.9% | 1 |
| Seafood | 55.6% | 68.6% | 2 |
| Tortillas | 54.6% | 42.9% | 3 |
| Hot dogs | 54.6% | 15.2% | 5 |
| Cooking Oil | 52.8% | 19.0% | 3 |
| Ramen noodles | 51.9% | 16.2% | 5 |
| Salt | 49.1% | 18.0% | 5 |
| Pre-packaged snack foods | 48.1% | 14.3% | 3 |
| Tacos | 46.3% | 26.7% | 2 |
| Soda | 44.4% | 11.4% | 5 |
| White bread | 43.5% | 25.7% | 3 |
| Pre-packaged pasta | 43.5% | 22.9% | 2 |
| Fast food | 41.7% | 9.5% | 5 |
| Pre-packaged meals | 40.7% | 13.3% | 4 |
| Pizza | 38.9% | 15.2% | 4 |
| Donuts | 36.1% | 7.6% | 5 |
| Soy products | 22.2% | 38% | 2 |

** Ranking: Most healthy [1]: nutrient dense, little or no healthy fats and low in salt and sugar to Least healthy [5]: little nutritional value, primarily unhealthy fats, salt and sugar. Margie Irwin, RS, RD*

Another way to view the data in Table 11 is to look at the dieticians rankings and if participants purchased those foods combined with how they viewed the nutritional value of those foods. This is captured in Table 12 below:

Table 12: Dieticians rankings compared to food purchased and considered nutritious

| Food item | Dieticians Rank | Purchased | Consider nutritious |
|----------------------------|-----------------|-----------|---------------------|
| Fresh veggies | 1 | 71.3% | 86.6% |
| Fresh fruit | 1 | 69.4% | 81.9% |
| Rice | 1 | 65.7% | 59.0% |
| Whole grain breads/cereals | 1 | 58.3% | 54.3% |
| Beans | 1 | 57.4% | 61.0% |
| Eggs | 2 | 71.3% | 65.7% |
| Milk | 2 | 71.3% | 65.7% |
| Canned fruit & vegetables | 2 | 65.7% | 51.4% |
| Salad | 2 | 58.3% | 68.6% |
| Seafood | 2 | 55.6% | 68.6% |
| Tacos | 2 | 46.3% | 26.7% |
| Pre-packaged pasta | 2 | 43.5% | 22.9% |
| Soy products | 2 | 22.2% | 38.0% |
| Cheese | 3 | 73.1% | 62.9% |
| Meats [chicken, beef] | 3 | 72.2% | 59.0% |
| Peanut butter | 3 | 62.4% | 50.0% |
| Fruit juices | 3 | 61.1% | 73.3% |
| Tortillas | 3 | 54.6% | 42.9% |
| Cooking oil | 3 | 52.9% | 19.0% |
| Pre-packaged snack foods | 3 | 48.1% | 14.3% |
| White bread | 3 | 43.5% | 25.7% |
| Pre-packaged meals | 4 | 40.7% | 13.3% |
| Pizza | 4 | 38.9% | 15.2% |
| Chips | 5 | 57.8% | 14.3% |
| Hot dogs | 5 | 54.6% | 15.2% |
| Ramen noodles | 5 | 51.9% | 16.2% |
| Salt | 5 | 49.1% | 18.0% |
| Soda | 5 | 44.4% | 11.4% |
| Fast food | 5 | 41.7% | 9.5% |
| Donuts | 5 | 36.1% | 7.6% |

Discussion: This study found very similar findings as those reported in the *Los Angeles Community Action Network's* report Taken for Granted: Downtown Food Insecurity [a study of food insecurity in downtown Los Angeles in 2005]. Specifically, *“community residents have a much higher awareness level regarding good nutrition than their eating patterns demonstrate.... [and] there [are] also significant areas of low nutritional awareness...”*

As our data indicates, generally speaking our respondents classified healthy food options appropriately, such as fresh vegetables and fruits, even if they did not purchase these items. On the other hand, as Table 12 indicates, there are still about 15.0% - 25.0% of the respondents who classified hot dogs, soda, chips, white bread, ramen noodles and salt as healthy food options. Finally, even though the respondents generally were aware of foods that were not nutritious, they nevertheless purchase them, possibly due to the fact that these items are low cost and readily available at local markets.

- **Servings of fruits and vegetables:** Over three-fourths [76.8%] of respondents stated they eat 1-2 servings of fruits and/or vegetables on an average day. This was followed by: 9.8% eating 3 servings per day; 8% stating they eat 0 servings per day and 1.8% eating 4 servings a day.
- **Barriers to eating healthy:** Table 13 below identifies the major barriers that respondents identified as preventing them from eating healthy food on a regular basis:

Table 13: Barriers to eating healthy food on a regular basis:

| Barrier | Percentage “yes” | Percentage “no” |
|-----------------------------------------------------|-------------------------|------------------------|
| Healthy food too expensive | 56.6% | 43.4% |
| Limited to eating what is served in free food lines | 42.4% | 57.6% |
| Lack adequate refrigeration | 33.3% | 66.7% |
| Lack cooking facilities | 32.3% | 67.7% |
| Lack transportation to market | 31.3% | 68.7% |
| Lack storage facility | 29.3% | 70.7% |
| Healthy food not accessible | 25.3% | 74.7% |
| Cannot use EBT at Farmers Markets | 21.2% | 78.8% |
| No teeth- cannot chew | 15.2% | 84.8% |
| No Food Stamps | 14.1% | 85.9% |
| Neighborhood markets not open when needed | 11.5% | 88.5% |
| No markets available | 11.0% | 89.0% |
| Other | 10.8% | 89.2% |
| No access to special diet | 10.1% | 89.9% |
| Need identification to access food banks | 6.1% | 93.9% |
| Don't know about food banks | 5.1% | 94.9% |
| Chooses not to eat healthy | 5.1% | 94.9% |
| Unsure what are healthy and unhealthy choices | 4.0% | 96.0% |
| Drug habit | 4.0% | 96.0% |
| Don't have time to eat healthy | 4.0% | 96.0% |

Discussion: Homeless people face a number of barriers to accessing healthy and nutritious food, including lack of income, limited access to storage and cooking facilities, inability to use their EBT cards at local farmers markets and lack of teeth to chew. The latter underscores the lack of availability of healthy food as well as lack of access to health and dental care.

SECTION V: ASSISTANCE REQUESTED

Respondents were asked if they were “not interested, somewhat, or very interested” in receiving assistance from the following programs or activities. Table 14 summarizes the results:

Table 14: Kinds of Assistance requested

| Assistance | Not interested | Somewhat interested | Very Interested | Total interested |
|---------------------------------|----------------|---------------------|-----------------|------------------|
| BBQ areas in parks | 15.1% | 13.2% | 71.7% | 84.9% |
| Community garden | 22.6% | 10.4% | 67.0% | 77.4% |
| Farmer's market | 23.5% | 16.0% | 60.4% | 76.4% |
| Job training programs- culinary | 31.1% | 6.6% | 61.3% | 67.9% |
| Community kitchens | 33.0% | 8.5% | 58.5% | 67.0% |
| Better access to food stamps | 38.7% | 9.4% | 51.9% | 61.3% |
| Nutrition education | 43.4% | 11.3% | 45.3% | 56.6% |
| Aggressive nutrition outreach | 45.3% | 9.4% | 45.3% | 54.7% |
| Cooking class | 50.0% | 5.7% | 44.3% | 50.0% |
| Culinary arts program | 56.6% | 7.5% | 35.8% | 44.3% |
| WIC site | 70.8% | 4.6% | 24.5% | 29.1% |

Discussion: Of the 11 proposed programs that homeless people might have an interest in expanding in the Sacramento region, nine had a 50.0% interest or greater, while three [Farmer's Markets, Community Gardens and BBQ areas in parks, respectively] have the interest of over 75% of respondents.

SECTION VI: ADDITIONAL COMMENTS

Homeless respondents gave over 60 comments to the open-ended question: Is there anything else related to food and nutrition that you would like to see changed in the Sacramento Community. The overall thrust of these comments is a number of ideas related to creating greater access to healthy and nutritious food. All of these comments are captured, in their own words, in Appendix 1.

Table 15 is a summary of the comments arranged in 10 broad categories:

Table 15: Categories of additional comments

| Categories of comments | Number of comments |
|---------------------------------------------|---------------------------|
| Greater access to fresh and nutritious food | 18 |
| Expand food stamp coverage | 7 |
| More overall assistance | 3 |
| Expand nutrition education | 3 |
| Expand community gardens | 3 |
| Stop police harassment | 3 |
| Expand Farmers Markets | 2 |
| Increase access to transportation | 2 |
| Improve health care | 1 |
| Miscellaneous | 18 |

RECOMMENDATIONS

1. Create greater access to fresh and nutritious food, including improving the nutritional quality of free food distributed in the community, such as increases in fresh fruits and vegetables.
2. Expand use of *CalFresh* [formerly Food Stamps and SNAP] electronic benefits transfer (EBT) cards at local Farmers Markets. Goal is 100% participation of Farmers Markets.
3. Expand the number of retail food outlets that accept EBT cards.
4. Promote the creation of community gardens throughout the community, including homeless encampments, parks and housing projects.
5. Aggressively expand nutrition education efforts to the homeless and low-income community, including children, including the creation of a community-based food and nutrition education series tailored specifically to the homeless population.
6. Create a Culinary job training program specifically designed for homeless and low-income people.
7. Increase transportation options [free, reduced bus/rail passes] for homeless people to be able to apply for *CalFresh* and travel to local markets.
8. Increase outreach to homeless people regarding eligibility for *CalFresh* with goal of increasing enrollment. In addition, expand phone interview at intake to include all eligible populations [note: currently Sacramento County Department of Human Assistance is only using phone interviews for seniors and people with disabilities].
9. Increase access to community food storage and cooking facilities for homeless people.
10. Create a public education campaign targeting food retail stores to educate them about homelessness and hunger in an effort to reduce discrimination against homeless people. In addition, encourage more food retail stores to donate healthy and nutritious food to emergency food outlets.

CONCLUSION

A comprehensive plan to end homelessness in our community, beyond decent, safe and affordable housing, livable incomes, addressing addictions and providing other needed social services and supports, must also include ensuring access to healthy and nutritious food.

The absence of a nutritious diet propagates numerous health and other challenges facing homeless individuals and families. These challenges have a real impact on their ability to stabilize their lives. Without a focus on healthy food and nutrition, we are missing a key component in the effort to prevent and end homelessness.

Moreover, the approach to a sustainable community must use the equity paradigm, in this case, of a “four-legged stool:” housing, transportation, employment and access to nutritious and health food.

The Sacramento Hunger Coalition hopes to ensure that the Sacramento community fully embraces the results and recommendations of this report. At the same time, we realize that this report is only a starting point. We are eager to facilitate further discussion and progress towards the recommendations and look to ensure that homeless consumers are full partners in the implementation of these hunger and nutrition recommendations.

***For more information: contact:
Bob Erlenbusch
Senior Program Manager
Sacramento Hunger Coalition
berlenbusch@communitycouncil.org
916-447-7063 x335***

Appendix 1:

Comments by respondents to the question: "Is there anything else related to food and nutrition that you would like to see changed in the Sacramento region?"

- ✓ Assist homeless more
- ✓ Food not bombs
- ✓ Please do the best you can to help
- ✓ Access to dietician education
- ✓ Access to fresh meat, fruits and vegetables. Sunday is a hard day to get free food
- ✓ Accessibility to healthy foods
- ✓ At food banks, more staple food to be given out
- ✓ Be able to have gardens in vacant lots.
- ✓ Be allowed to have chickens for eggs in backyards [rooster optional]
- ✓ Better healthcare for homeless- more accessibility
- ✓ Change in laws allowing people or business to give away free food
- ✓ Change the Governor
- ✓ Community garden
- ✓ Discount food pricing for homeless
- ✓ Farmers markets take food stamps
- ✓ Food provided by Salvation Army;
- ✓ More community gardens
- ✓ Better public transportation- stop cuts for transportation budget
- ✓ Food stamp coverage- depends on location of availability /purchase for restaurants to offer the homeless leftovers or food they would dispose of
- ✓ Have more services available. There are more people who need services
- ✓ Having food for free regularly
- ✓ I would like to see the expensive permits that the churches have to pay be revoked or reduced greatly so that churches can give out food
- ✓ Income cap needs to be changed- groceries are too expensive. Plus they don't consider if you have fines, etc
- ✓ Income caps to receive aid needs to be adjusted-groceries are too expensive. You are trying to do the right thing and you have expenses but they cut you off on the other end
- ✓ Less police brutality and manipulation
- ✓ There are more homeless people than you all know
- ✓ Lines are too long when accessing/using food stamps
- ✓ Lower prices for healthy foods
- ✓ Make food affordable
- ✓ Markets need to be closer to the places needy people are [downtown] homeless areas. We use convenience stores and fast food because markets are too far away. People end up selling food stamps to eat at fast food places because that is all they have access to
- ✓ More accessibility to EBT
- ✓ More attention to the quality of cooking at Loaves & Fishes and other facilities that provide prepared food
- ✓ More education for kids and nutrition
- ✓ More farmers markets

- ✓ More food programs, and transportation to the food programs
- ✓ More food stamps for people who want more to eat
- ✓ More fruits for summer
- ✓ More information of what's healthy to eat with diabetes and other health issues
- ✓ More low sugar- non sugar alternatives
- ✓ More money
- ✓ More nutrition and food prep classes
- ✓ More publicized regarding free food places
- ✓ More Subways- other that will take food stamps
- ✓ More things for women and children- not just homeless- but mother & kids period
- ✓ No junk food in school
- ✓ Outdoor cooking programs
- ✓ Sampling variety of foods
- ✓ Prenatal information
- ✓ Raise income or food stamps- lower food prices
- ✓ Resources for help
- ✓ Stop harassing SafeGround
- ✓ The churches in downtown do a fantastic job of providing ample and delicious food for the homeless community
- ✓ No- its good
- ✓ No- seems OK
- ✓ Nothing is wrong with how it is
- ✓ Good job- keep it up
- ✓ The food stamp program doesn't allow to buy hot food- make it easier to get hot food with food stamps
- ✓ Too much waste in USA
- ✓ Overflow not allowing use of personal food
- ✓ Unable to receive food stamps- bathrooms not available to clean up
- ✓ More community programs for people with medical issues- Doc's donating time?
- ✓ Use food stamps for snacks and can of food
- ✓ Want camping [shelter] to be legal
- ✓ Left alone while sleeping

Focus Group Questions:

1. Main Questions:

What foods do you eat the most? Why? Would you consider them nutritious?

What foods would you like to eat more of that you have trouble getting? What sorts of things prevent you from eating healthy?

What do you know about nutrition? What would you like to know?

After cost, where do nutrition concerns lie when buying food?

Would you be interested in a nutrition program? What topics in particular? How would you like to receive nutrition education?

If you were in-charge of the kitchen and you wanted to help people be healthy, what food would you serve?

What would encourage you to eat healthy?

2. Specific Questions about things to add in the Nutrition Program:

Do you have issues with food storage/food safety and cooking? What are they? What are your recommendations? Would you like to learn more about how to keep your food safe?

Would you like to know about how to choose healthier options in free food lines?

Would you be interested in learning how to read nutrition labels?

Would you like healthy recipes included in the nutrition program?

3. Access to Healthy Food:

Where can you use Food Stamps also known as CalFresh to buy nutritious foods?

Would you like to see more farmer's markets accept EBT? Would you buy fresh fruits and veggies from there if you could use EBT at farmer's markets?

What kind of food do they provide at food banks, shelters, etc, would you consider the food to be nutritious?

4. Community Gardens

Are you able to grow fresh fruits and vegetables? Would you like to learn how?

5. RMP

Are you in the restaurant meals program? What do you typically order? When ordering food, do you also consider nutrition?

Do you think the restaurants provide enough nutritious options? Would you like to know how to choose healthier options at these restaurants?

Other

What health concerns do you have that relate to food? if you are: diabetic, obese/overweight, pregnant, have HIV/AIDS, for your children, etc?

Out of these 10 options, what are your top 3 options you would like to see more of? [BBQ areas in parks, Community gardens, farmer's markets, Job training related to culinary arts, community kitchens, better access to food stamps/SNAP/CalFresh, Nutrition Education, aggressive nutrition outreach, cooking class]

Do you feel like you get enough exercise? Should exercise and active living be included in a nutrition program?

Is there anything else you would like to add?

Focus Group Findings
 September 28, 2011
 Friendship Park
 Currently homeless people

General Nutrition Education

- Have a general understanding of nutrition in general
 - Mentioned that some foods they are served make them sleepy...why?
 - When buying food, the main concern is cost and if it will fill them up, also, if they have to prepare their food. Someone mentioned buying hot pockets, chips etc because it is low cost and there is minimal preparation
- Concerned about knowing what foods to eat for
 - Depression
 - Give high energy
 - Healthy food to eat for those without teeth
 - With acid reflux
 - Hepatitis A,B,C
 - During drug and alcohol recovery
 - Hypertension
 - Hypoglycemic

Access to healthy food

- Limited to what is served/given
 - Not all people take the healthy options like choosing the salad and fruits to go along with the meal
 - Mentioned that food banks provide them with healthy food
 - Wanted to have more fresh fruits, places serve them older fruit and vegetables
 - They want healthy food, but have limited choice.
- Knew where to get food and at what time/day of the week, all spread through word of mouth
 - Eat a lot of hot dogs
 - "Roadside sandwiches"
- Want more dairy products and things that need to be kept cold (ex. Milk, cottage cheese)
- Wanted to see more places that served hot breakfast
- A woman expressed concern as a female about walking around at nighttime. So if there is a church serving dinner that is located far, she opts not to walk alone to get dinner.
 Food lines give a lot of starch
- Interested in farmers' markets for the homeless. Mentioned that many farmers markets that accept EBT are at the end of the month when they have ran out of food stamps.
- Many people cannot walk too far or carry food from food banks because of aches and pains in muscles, bones and joints.
- A lot of food lines on the weekends, weekdays are limited for free food, generally serve nutritious foods.

Nutrition Program Specifics

- Seemed interested in understanding how to read food labels
 - Would like to know what the words mean

- Expressed concerns for food safety/storage
 - They seem to understand about food safety issues but are left with eating spoiled food due to lack of choice.
 - Had limited access to ice so they cannot buy meats or things that would spoil
- Would like a once a month nutrition education class for the varying groups (recovering drug/alcoholic addicts, people with diabetes, etc.) given at friendship park, informally

Other: Community Garden

- Showed a lot of interest in a community garden and what wild plants they can eat

Conclusions/Suggestions