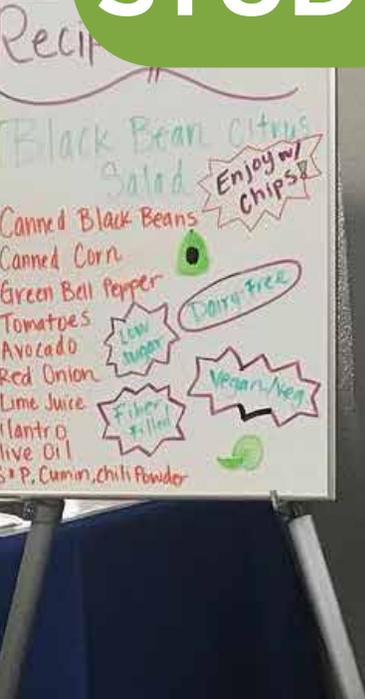


Leah's PANTRY case STUDY



Using EatFresh.org to Support Healthy Decisions in a Pantry Setting

The Community Resource Center (CRC) provides safety, stability, and self-sufficiency via numerous programs and services for communities in north San Diego County. Programming examples include: case management, shelter, domestic violence prevention, individual and family counseling, and nutrition security. CRC's Food and Nutrition Center, which distributes food from 9AM to 2PM on weekdays, offers a dignified experience where participants can:

- » Shop for their own food, with the caring support of volunteers
- » Apply for CalFresh and Medical
- » Participate in food demos and cooking classes

The Opportunity: Use EatFresh.org to Support Healthy Decisions in the Food and Nutrition Center

The CRC team was an early adopter of the [Nutrition Pantry Program](#). As they completed the certification process, they saw a clear opportunity to use EatFresh.org resources to enhance their distribution and get clients excited about healthy eating. Here are three best practices that they uncovered.

- 1 Food Demos are a tangible (and delicious) way to get clients excited about EatFresh.org recipes.** In partnership with their local Health and Human Services Agency, CRC offers food demos every two months that feature EatFresh.org recipes, basic culinary skills, and bite-size nutrition messaging. Pantry participants receive tasty samples, along with EatFresh.org recipe cards handed out by volunteers. Participants have been loving the recipes so much that they come for seconds, and frequently chime in about substitutions they'd make at home or things they learned.
- 2 Reinforce EatFresh.org adoption via promo materials.** CRC hangs EatFresh.org posters in both English and Spanish within the pantry. They also provide a variety of EatFresh.org recipe cards, featuring pantry staples, within the breezeway where clients wait. All promo materials are provided in both English and Spanish.
- 3 Face-to-face interaction is an effective starting point for introducing EatFresh.org resources.** Due to literacy issues and unfamiliarity with technology, CRC found that clients would rarely complete Mini Course topics on their own. Now, when clients meet with CRC's on-site RD, she helps

them create an account and complete the survey, then they watch a topic together. She also had them open EatFresh.org on their smart phones and search for new recipes they could make at home. Both of these activities now felt “doable” by clients, providing this initial hands-on guidance helped address those initial barriers.

The Method: EatFresh.org Resources Help Address Common Challenges in Pantry Settings

Food Utilization

- » **EatFresh.org recipes and recipe cards** can be used with taste tests and food demos. The site offers hundreds of delicious, easy-to-make recipes that feature pantry staples.
- » **EatFresh.org videos**, which demonstrate how to prepare recipes, can be played in waiting rooms. These are especially beneficial for clients with literacy or language barriers.

Unfamiliar Foods

- » **Discover New Foods** can demystify common pantry staples by sharing information on how to select, store, and prepare these foods. They also highlight nutritional benefits and suggest related recipes.
- » **Cultural Tip Sheets** can help pantry staff and volunteers identify common food preferences of different cultural groups, including: Vietnamese, Cambodian, Russian, Filipino, and Somali.



Community Connections

- » **My Local Resources** is a great way for pantry staff to find other nearby resources available to clients. By promoting neighborhood farmers markets that accept EBT, for example, pantries can provide clients more complete care.

Nutrition Education

- » **Lifestyle Pages** can help pantry clients, staff, and volunteers address common barriers to leading a healthy lifestyle, such as how to make healthy choices when eating canned, boxed, or bagged foods.
- » **Ask a Dietitian** allows clients and educators to submit questions about nutrition to our EatFresh.org RD, who responds within a week.
- » **EatFresh.org Mini Course** can help clients take their nutrition knowledge to the next level. Pantries often find success by incorporating the Mini Course into an existing process (e.g., direct ed programs, during the wait/check-in process, etc.) or providing incentives for completing each topic in the course. The Mini Course is also great to integrate into staff and volunteer on-boarding, equipping them with the information they need to help clients make healthy choices.
- » **EatFresh.org Mini Course for Educators** provides a variety of facilitation best practices for nutrition educators. Topics include facilitation best practices, how to lead great classes for all ages, and emphasizing a balanced and varied diet.

ABOUT THESE COURSES

→The **EatFresh.org Mini Course** is a free, self-paced, mobile-friendly online nutrition course, available in English and Spanish, with 15 topics that cover cooking, nutrition, and healthy living. Get started: eatfresh.org/minicourse.

→The **EatFresh Mini Course for Educators** is a free add-on component for facilitators of nutrition programs. Use the TEACH referral code during registration to enroll: eatfresh.org/minicourse.

View our webinar: [Using EatFresh.org in Food Pantry Education & The Nutrition Pantry Program.](#)



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