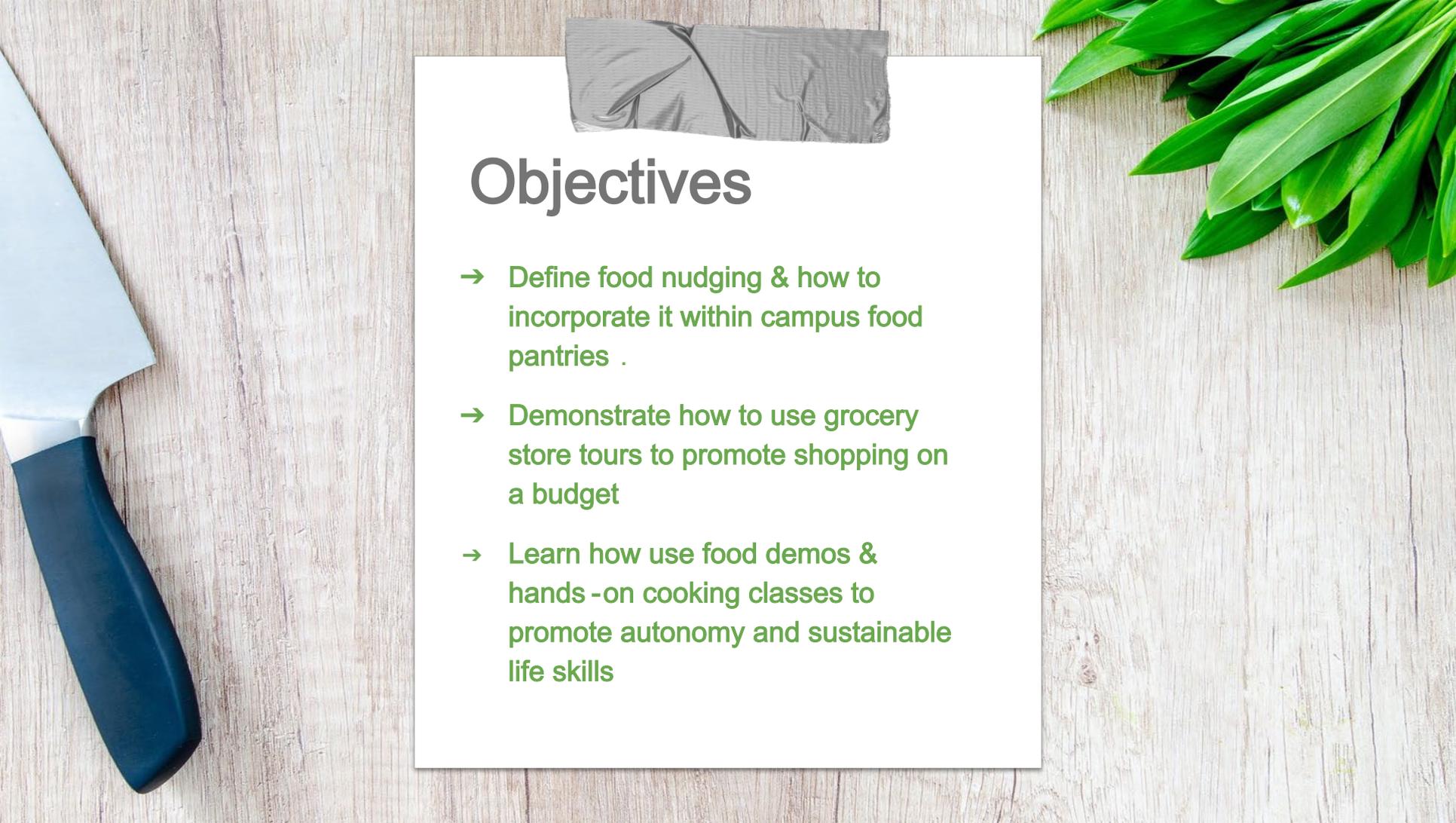


Incorporating Nutrition Behavior Change Programs into Basic Needs Resources

San Diego State University
Well-being & Health Promotion
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Objectives

- Define food nudging & how to incorporate it within campus food pantries .
- Demonstrate how to use grocery store tours to promote shopping on a budget
- Learn how use food demos & hands -on cooking classes to promote autonomy and sustainable life skills

—

What nutrition programs
do you currently have in
place that
promote food security?



Feeding America 2018

Food Nudging

- Feeding America defines as: “a **subtle environment change** in a food distribution setting, designed to make **a healthy choice the easy choice** .”
- “**Foods to Encourage (F2E)**”, include items such as fruit, vegetables, whole grains, lean protein and low -fat dairy.

Shelf Tags!

- 3 shelf tags featured each day pantry is open
- Include 1 tag from each of the following categories:
 - ◆ Protein foods
 - ◆ Fruits
 - ◆ Vegetables



Protein Foods

Add a vegetarian protein food to make a salad into a main dish - try adding chickpeas, kidney beans, or black beans.



Fruits

Add fruit like sliced apples, pears, or a few berries to your salad bowl.



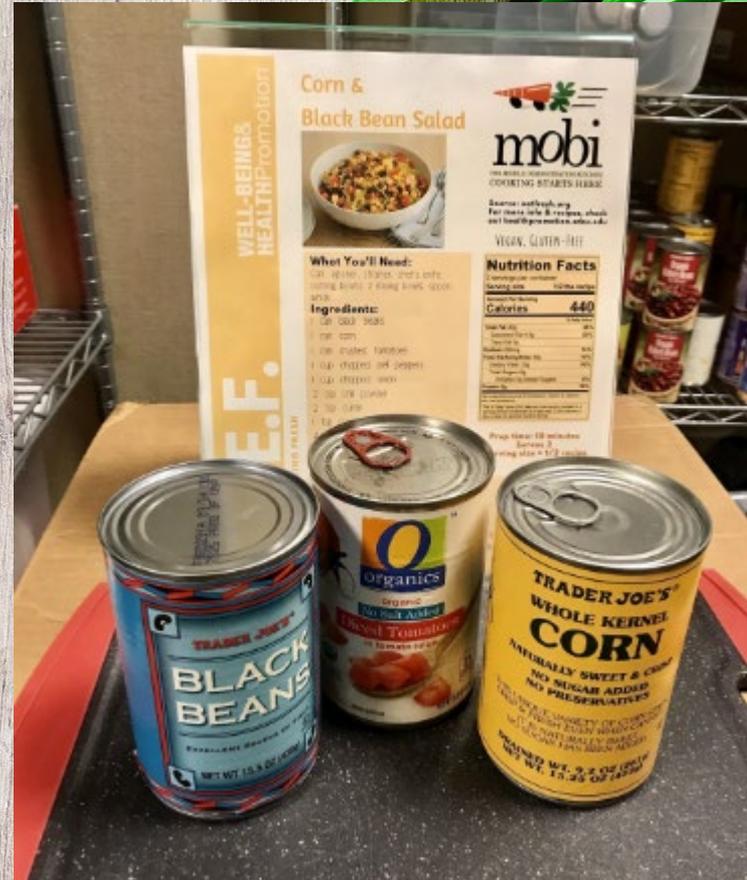
Vegetables

Make vegetables part of your lunch every day by eating veggie wraps, sandwiches, or salads.

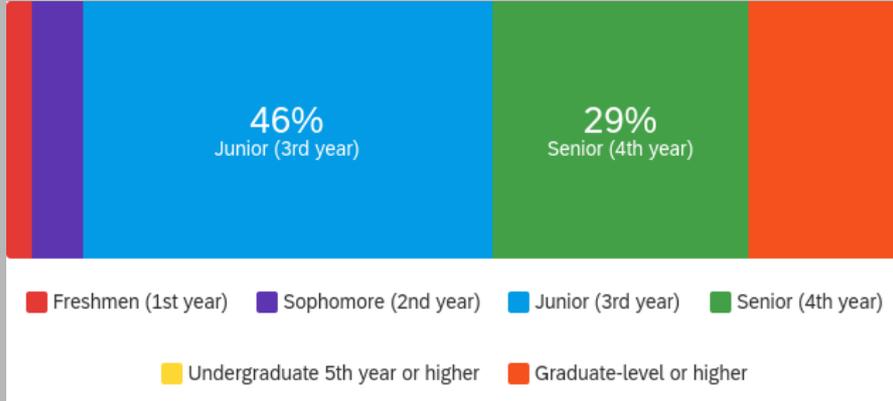


Recipe Display

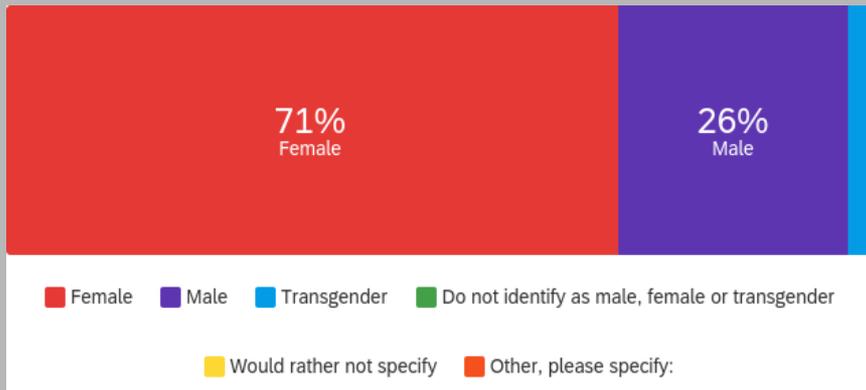
- Recipe displayed in table tent (tabletop sign holder) at check -in table
- Easy for students to view/take picture of before entry
- On Thursdays :
 - ◆ Please direct students to Mobi(next to pantry at farmers market) to see recipe demonstration!



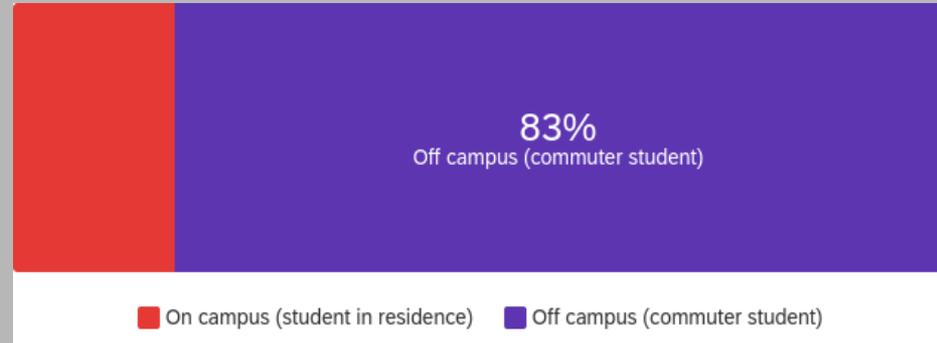
What is your year in school?



How do you identify?



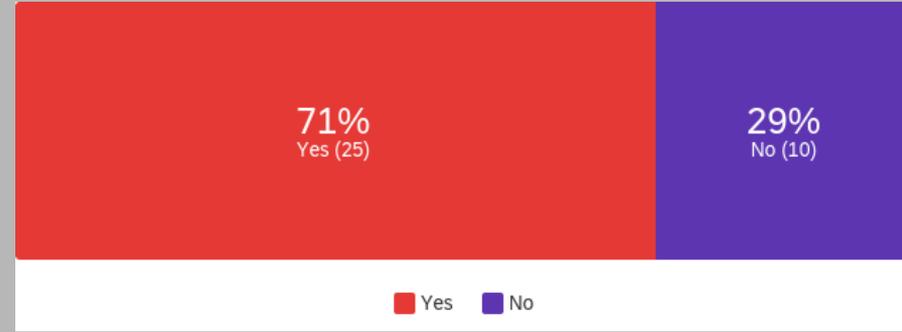
Do you live on or off campus?



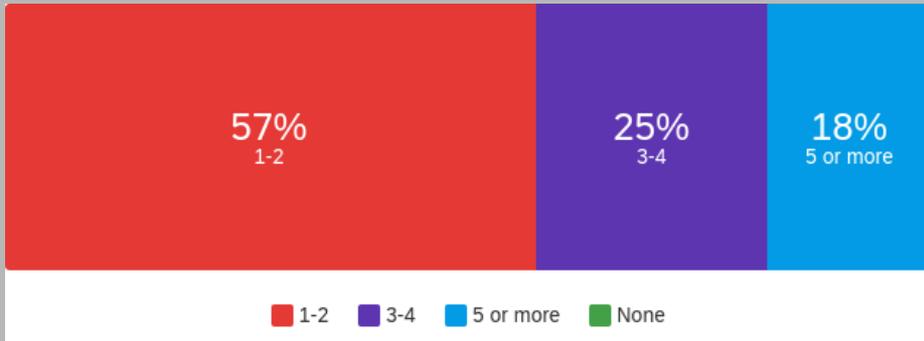
Did you select any canned and/or fresh fruits today?



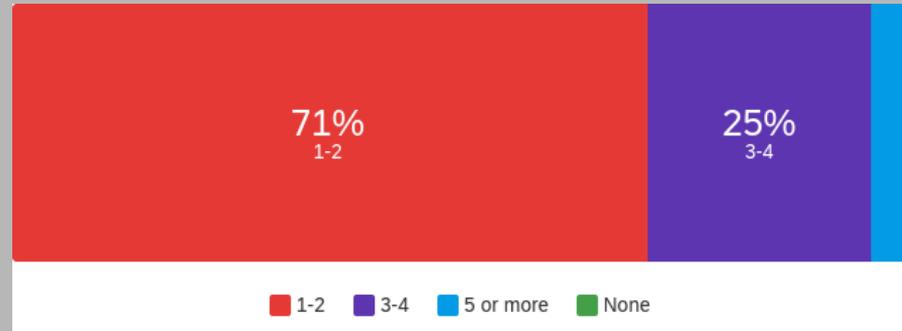
Did you select any canned and/or fresh vegetables today?



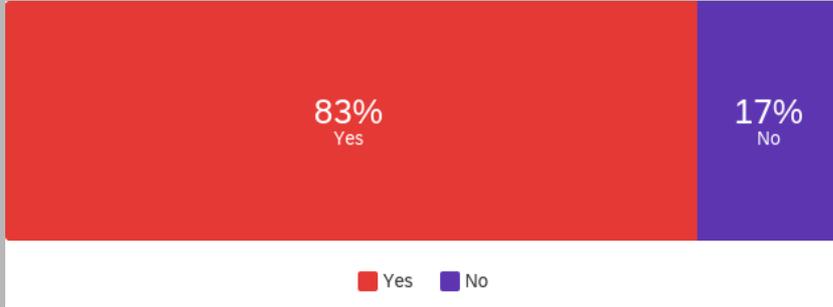
If yes to canned and/or fresh fruits, how many?



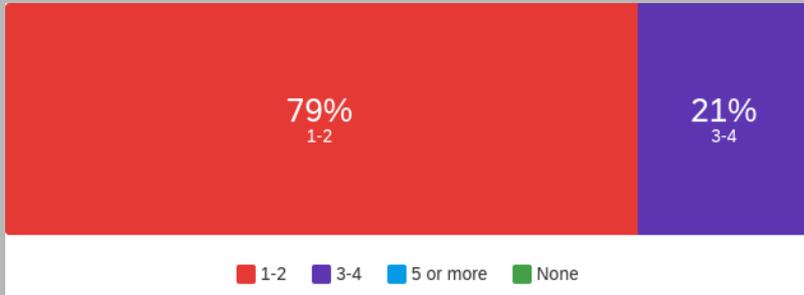
If yes to canned and/or fresh vegetables, how many?



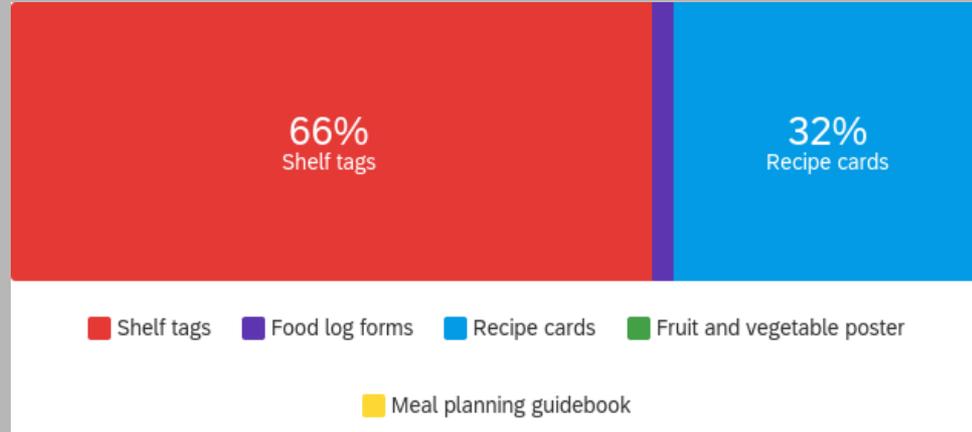
Did you select any canned and/or dried beans, or other canned protein foods (tuna, chicken, peanut butter)?



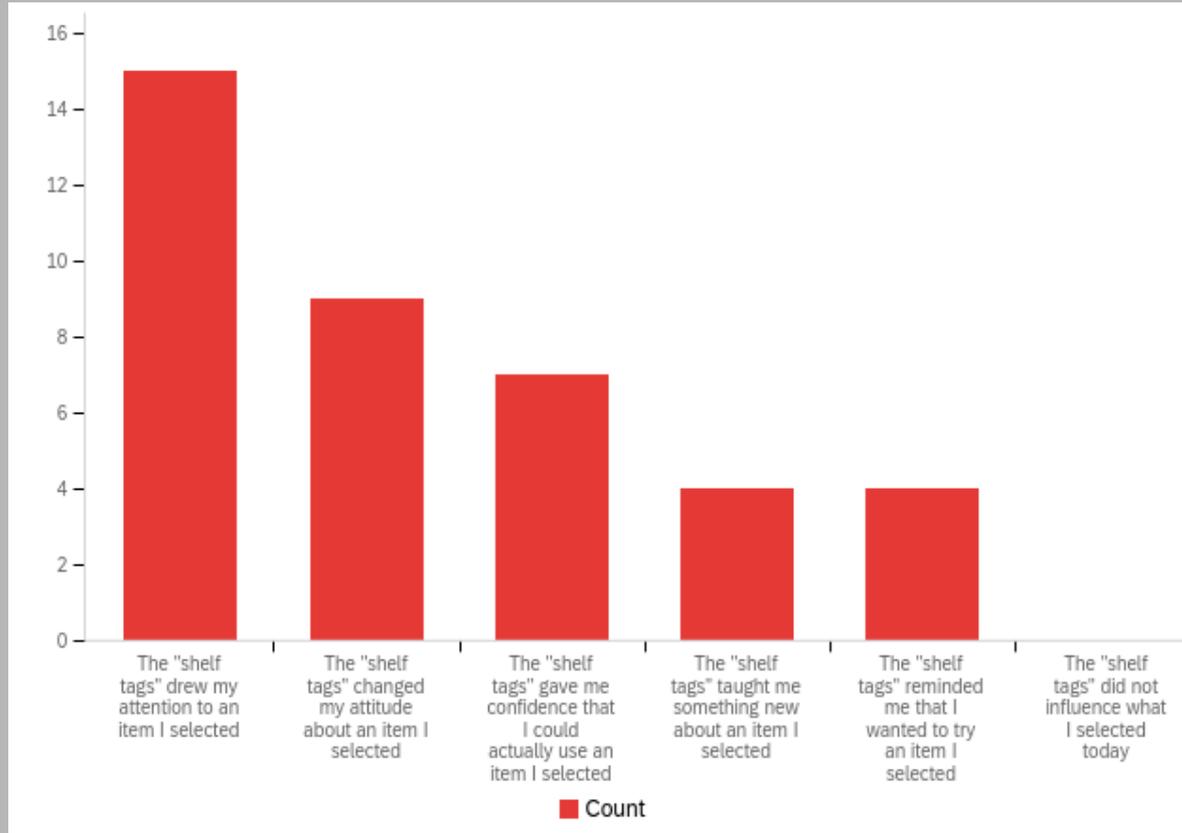
If yes how many cans, jars or bags of protein did you take?



Which of the following materials did you notice at the pantry today? Select all that apply.

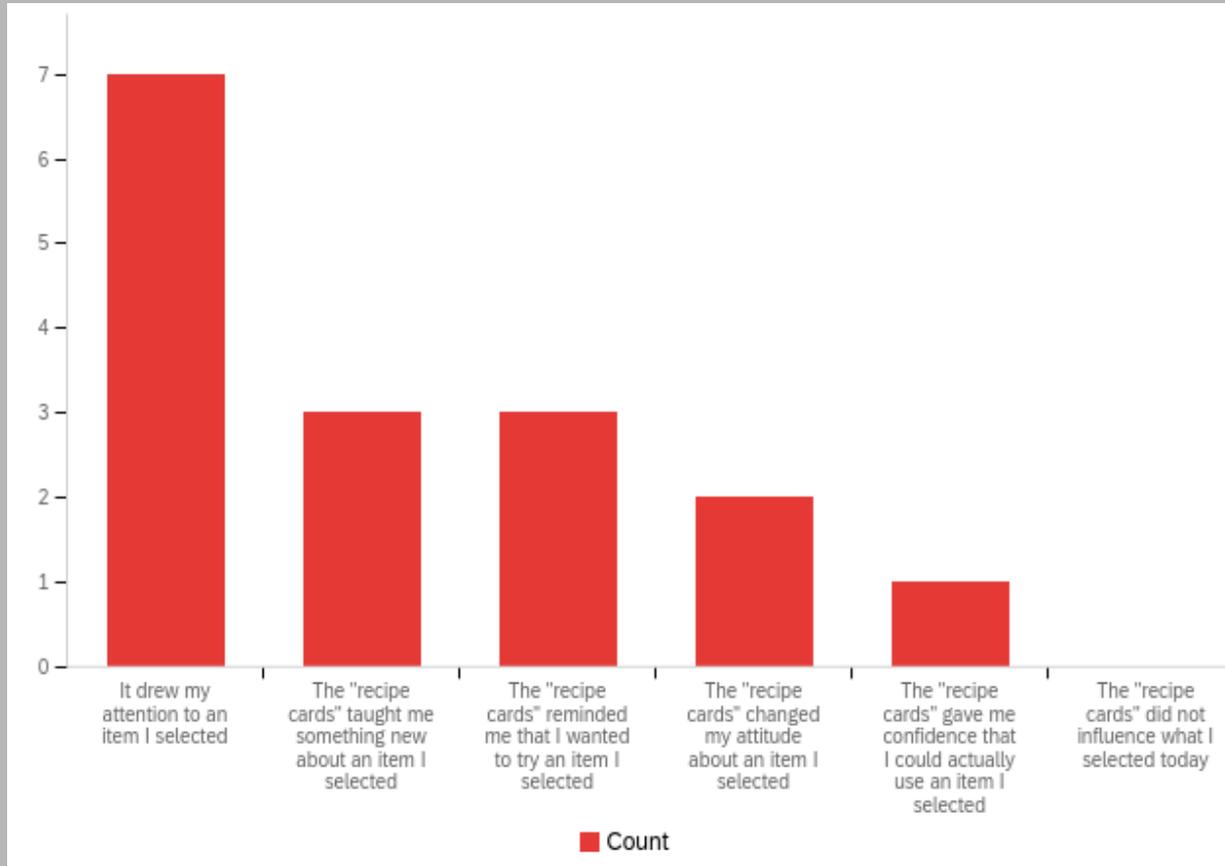


— If selected "shelf tags" in what ways did they influence what you selected today?
Select all that apply.

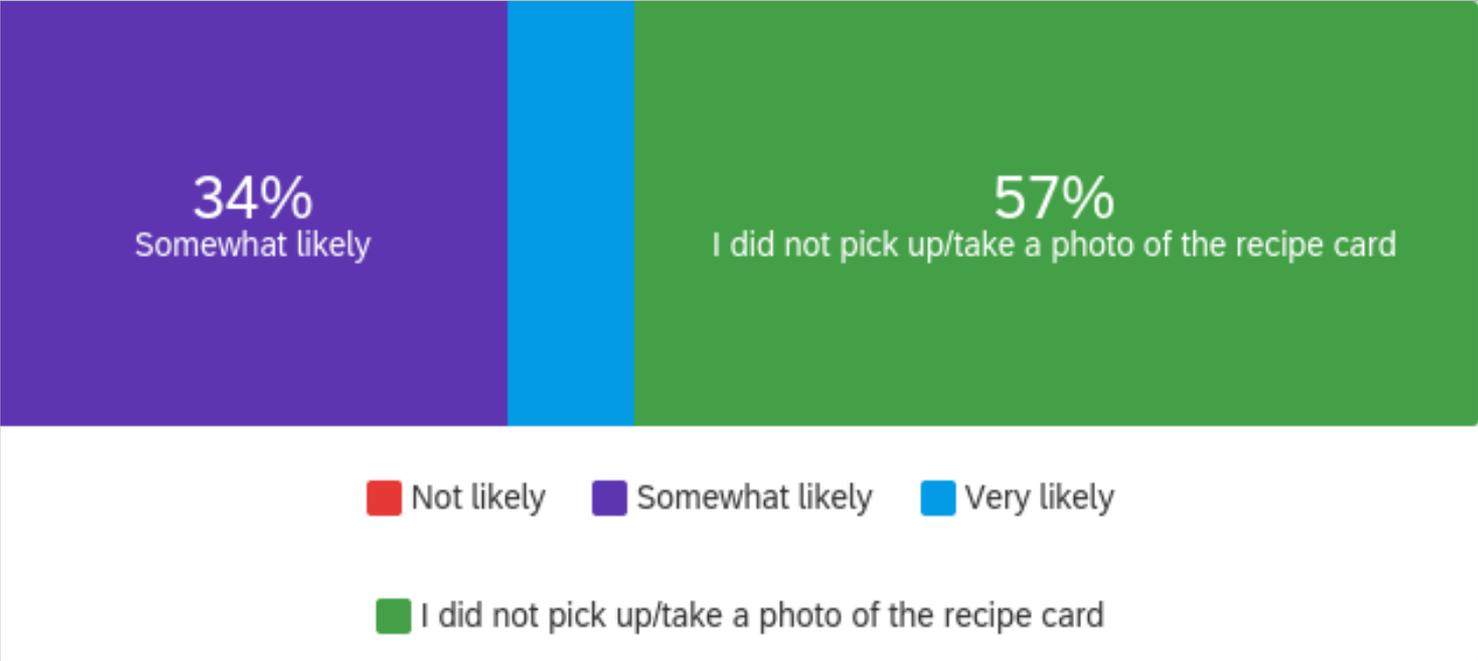


If selected "recipe cards" in what ways did they influence what you selected today?

Select all that apply.



If you picked up or took a photo of one of the recipe cards today, how likely is it that you will actually attempt to cook one of the recipes? Select one.



What does this mean?

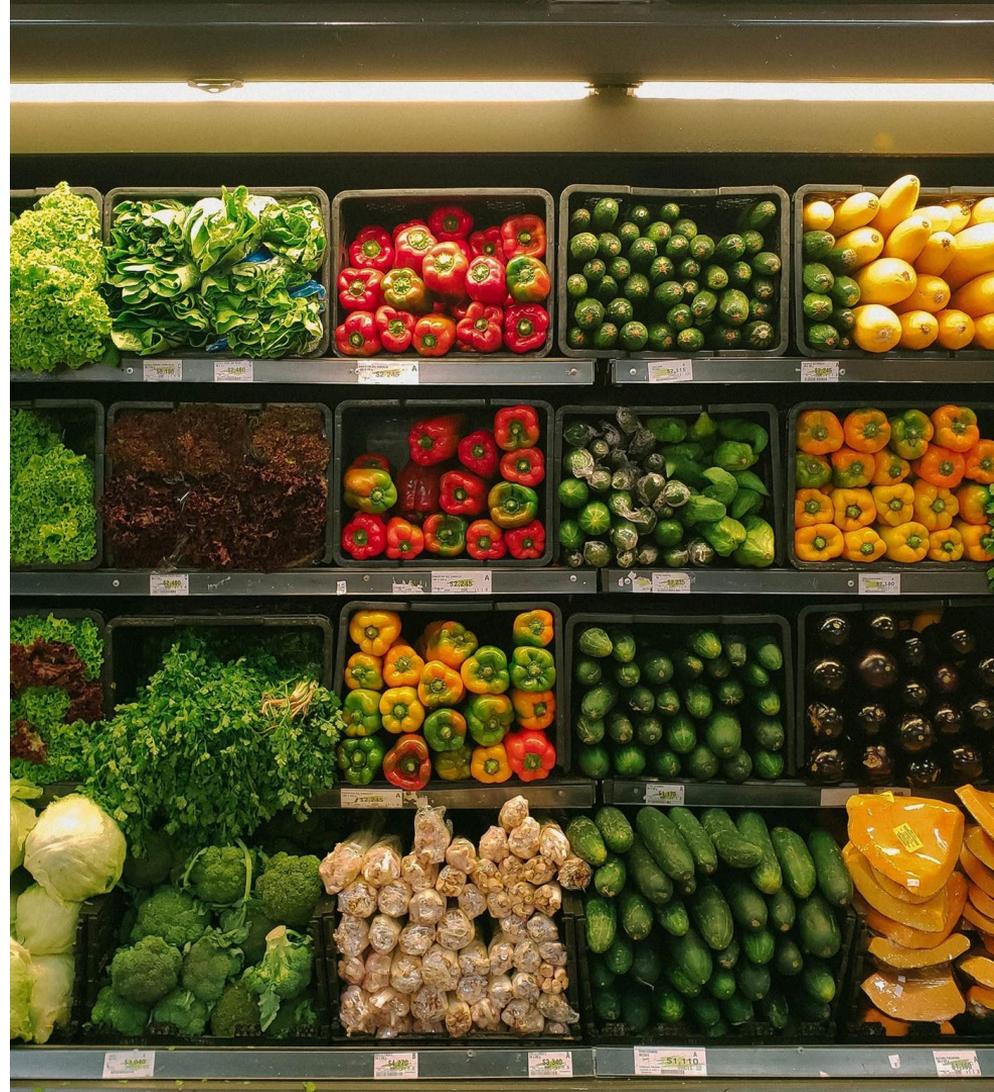
- Nudges can be a passive yet effective form of nutrition education that complements existing efforts aimed at helping people facing food insecurity make healthier choices.
- More work is needed to understand the mechanisms driving the substantial effects that the nudge research suggests and to explore a wider range of nudge interventions.



Grocery Store Tours

W&HP offers free Trader Joe's grocery store tours (led by PHEs)

- Tours take 30 minutes or less
- Participants learn quick and easy tips on how to navigate the grocery store while also saving money
- Participants receive a reusable grocery tote and cook book
- Trader Joe's also accepts EBT



Evolution of Grocery Store Tours

August 2018

Started offering tours. Focused primarily on general nutrition education. Tours lasted around 1 hour

August 2019

Began offering tours once a month due to low attendance for weekly tours

2018

2019

2020

January 2019

Began offering tours led by PHEs to accommodate more dates/times

January 2020

Revamped script to make tour 30 min or less due to student feedback

Farmer's Market Food Demos

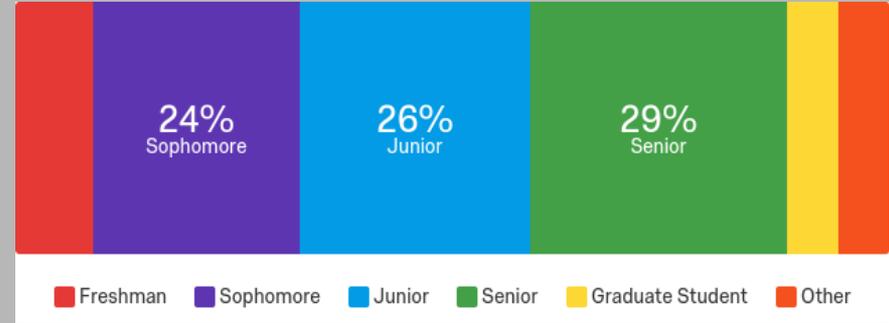
W&HP brings Mobi: The Mobile Demo Kitchen to the SDSU Farmer's Market each Thursday

- Provide free samples of easy-to-make recipes using foods commonly found in the As Food Pantry



Fall 2017, 34 students surveyed

Participants addressed their perception of the demo's impact on their knowledge and skills r/t cooking & nutrition. The following four figures look at average scores (max: 5)



This demo increased my cooking knowledge.



I believe that this demo will improve my ability to choose healthy foods.

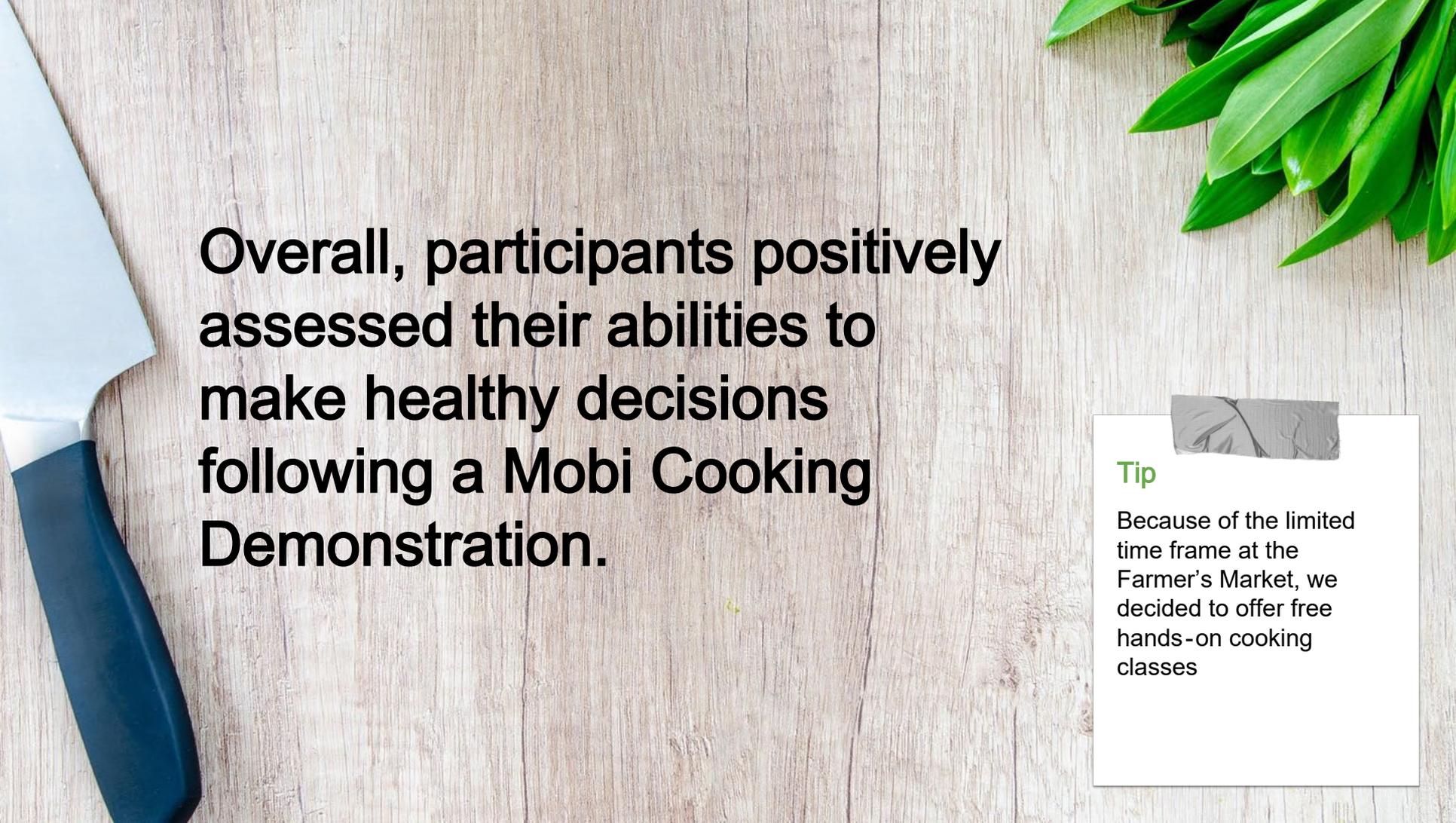


This demo increased my nutrition knowledge.



I believe that this demo will improve my cooking skills.





Overall, participants positively assessed their abilities to make healthy decisions following a Mobi Cooking Demonstration.

Tip

Because of the limited time frame at the Farmer's Market, we decided to offer free hands-on cooking classes



**COOKING HEALTHY
EATING FRESH**

C.H.E.F. HANDS ON COOKING CLASS

**COOK A FULL MEAL AND GET A
KITCHEN STARTER KIT**

Feb 19 @ 5pm @ The Tecs
Feb 26 @ 5pm @ Granada
Mar 4 @ 5pm @ Villa Alvarado



Live Well Aztecs
LEADING THE WAY TO WELL-BEING



**WELL-BEING &
HEALTH Promotion**

C.H.E.F. Hands-on Cooking Classes

- Participants make a full meal and receive a free kitchen starter kit
- Classes offered during lunch time & in the evening
- Website has recipes and sign up sheet via Google Form
- Max capacity is 10-12 participants

I can handle and prepare food safely.



I can cook a meal in a short amount of time.



I can cook a nutritious meal without spending a lot of money.



I can use nutrition labels to make healthy food choices.



I can follow a recipe.



Overall

Participants were asked to identify what they learned from the cooking class. Participants primarily focused on the ease and simplicity of the recipes, while some noted nutrition aspects of the particular food being prepared. Selected responses included...

“Fast/efficient recipes!”

“Protein & fiber keeps me fuller longer!”

“I learned different chopping methods and how to slow oxidation. I learned a simple recipe!”

“With healthy food ingredients we can make real tasty food in short time. Thank you.”

“I learned to cook simple & healthy meals.”

“Healthy eating can be fun!”

Takeaways

Incorporating nutrition programs that address food insecurity is relatively easy

It's also easy to cross-reference programs and tie them together

Overall, these programs are low cost to implement -- consider partnering w/ campus & community partners

References

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Questions?

