

Strengthening Food Security Initiatives Through Trauma-Informed Strategies:

Lessons learned from the Nutrition Pantry Program

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The Leading Voice For
Trauma-Informed
Nutrition Education

WE ENVISION nourished communities and a healthy, equitable food system.

OUR MISSION is to improve the health, wellness, and resilience of communities through trauma-informed nutrition security.

... because
everyone deserves
nourishing meals
every day.





Products and Programs



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Agenda

1. Trauma Basics
2. A Trauma-Informed Approach
3. Nutrition Pantry Program Overview
4. Example Implementation Strategies
5. Next Steps

Trauma Basics



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medicine
health necessity love
poison prevention struggle
anxiety exploration comfort
fuel discomfort fear
community enjoyment
family nutrition fun

Food is...

I'm in a relationship
with food...

...and it's complicated.



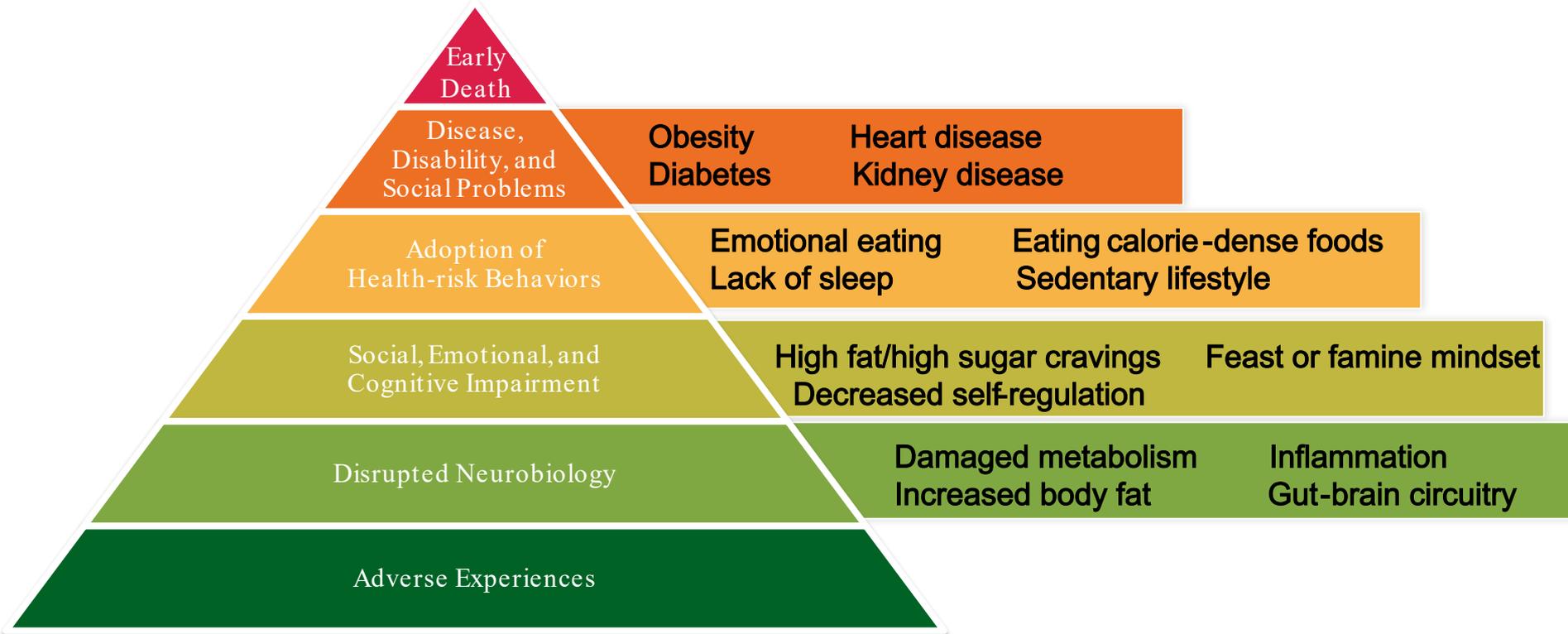
somee cards
user card



3 Realms of ACEs



Implications for Nutritional Health



HOW TRAUMA CAN INFLUENCE HEALTH AND WELL BEING



Two Considerations

1. Trauma of any kind can cause disruption in a healthy relationship with food
2. Food itself can be a source of trauma, which begins or exacerbates an unhealthy relationship with food

Therefore, the relationship between food, individuals, families, and communities must be treated with care and a holistic perspective

A Trauma-Informed Approach to Food Pantries



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Building Trauma-Informed Food and Nutrition Programs

**Autonomy &
Competency**
Cooking skills and
food literacy

Self Regulation
Mindful and
self-aware eating

Nourishing Others
Cooking for and
feeding family and
community

Justice & Equity
Recognizing the
impact of social and
economic systems

**Identity &
Self Expression**
Sharing food memories,
telling stories, and
honoring heritage

Positive Experiences
Enjoyment, gratitude, and
sensory experiences with
food

**Supportive
Relationships**
Foster relationships by
cooking and eating
together

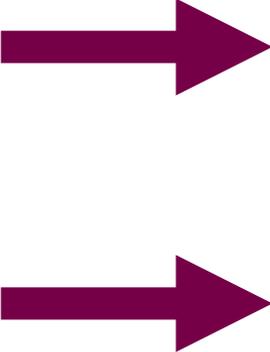
**Physical &
Mental Health**
Good nutrition for a
healthy body and mind

Safety & Security

Trauma informed engagement; reliable, desirable, and dignified food resources

Safety & Security

Trauma informed engagement; reliable, desirable, and dignified food resources

- Safety
 - Reliability
 - Trustworthiness
 - Transparency
 - Desirable, dignified food
- 
- Physical safety
 - Welcoming, emotionally safe
 - Consistency in hours, volunteers, service
 - Openness and fairness in policies & procedures
 - Clear communication of changes
 - Client input



Implications for Food Distributions

Does the food distribution:

- reduce shame, anxiety, confusion and tension?
- promote safety, dignity, joy?
- inspire healing and a healthy relationship to food?



Prioritize

- Client dignity, voice and needs
- Stress reduction
- Choice and autonomy
- Food in support of mental and physical health
- Culturally-relevant and accessible resources
- Leveling of power dynamics in interactions

(adapted from SAMHSA's Principles of Trauma Informed Care)



Barriers to Trauma-Informed Food Security

- Rules, restriction, deprivation or scarcity mindset
- Disregard of client readiness
- Lack of cultural humility
- Bureaucratic and non-transparent processes
- “Donation dumping”; poor quality resources

Nutrition Pantry Program Overview



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Our Mission:

Building, supporting, and certifying a network of client-centered, health-focused food distributions.





Nutrition Pantry Program Vision

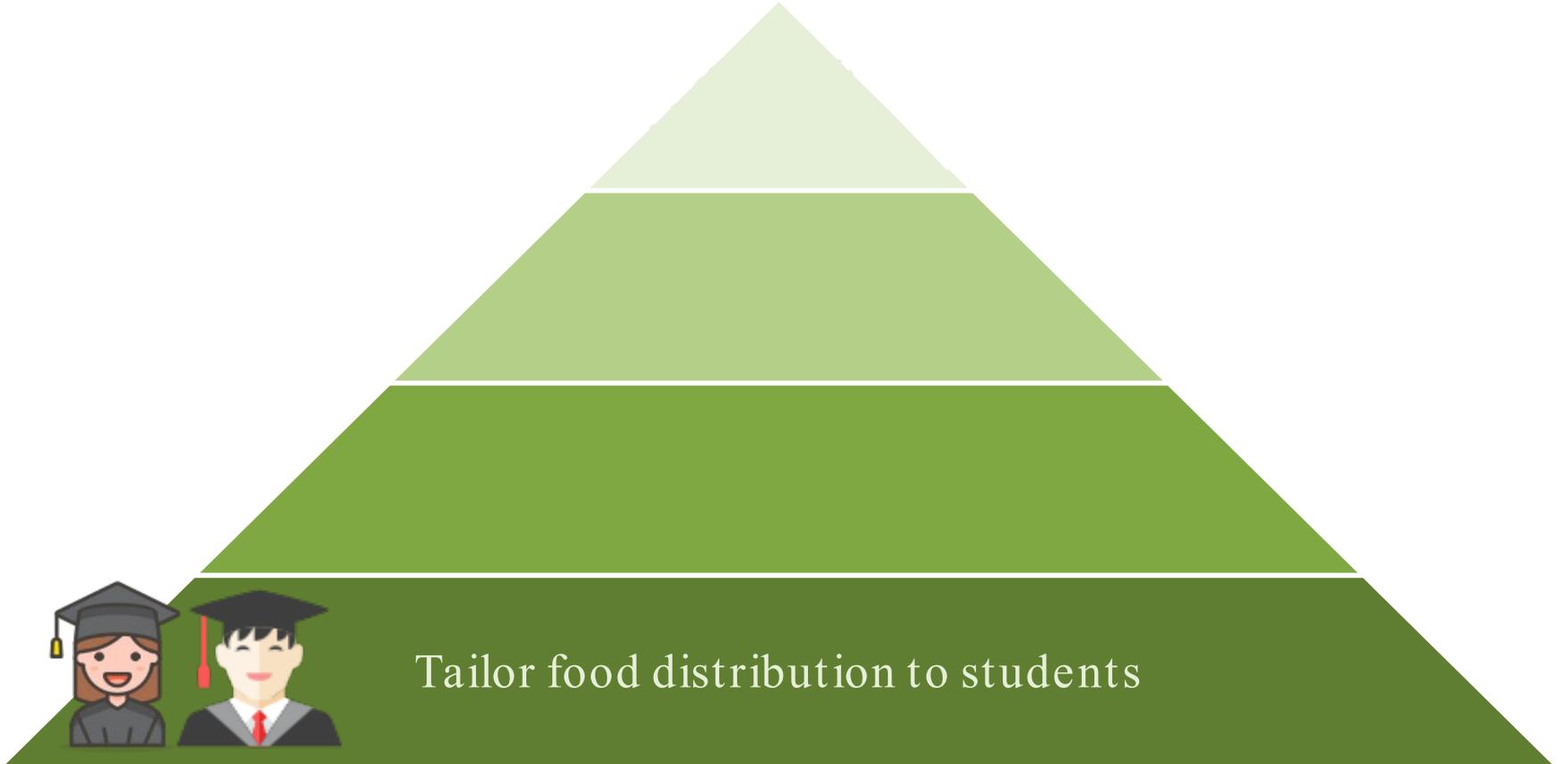
Wherever free food is provided to communities experiencing nutrition insecurity:

- the distribution is dignified and reflective of client needs
- the food is nourishing and appropriate
- clients feel confident preparing and consuming these healthier foods
- pantry leadership considers the role of their distribution in the community



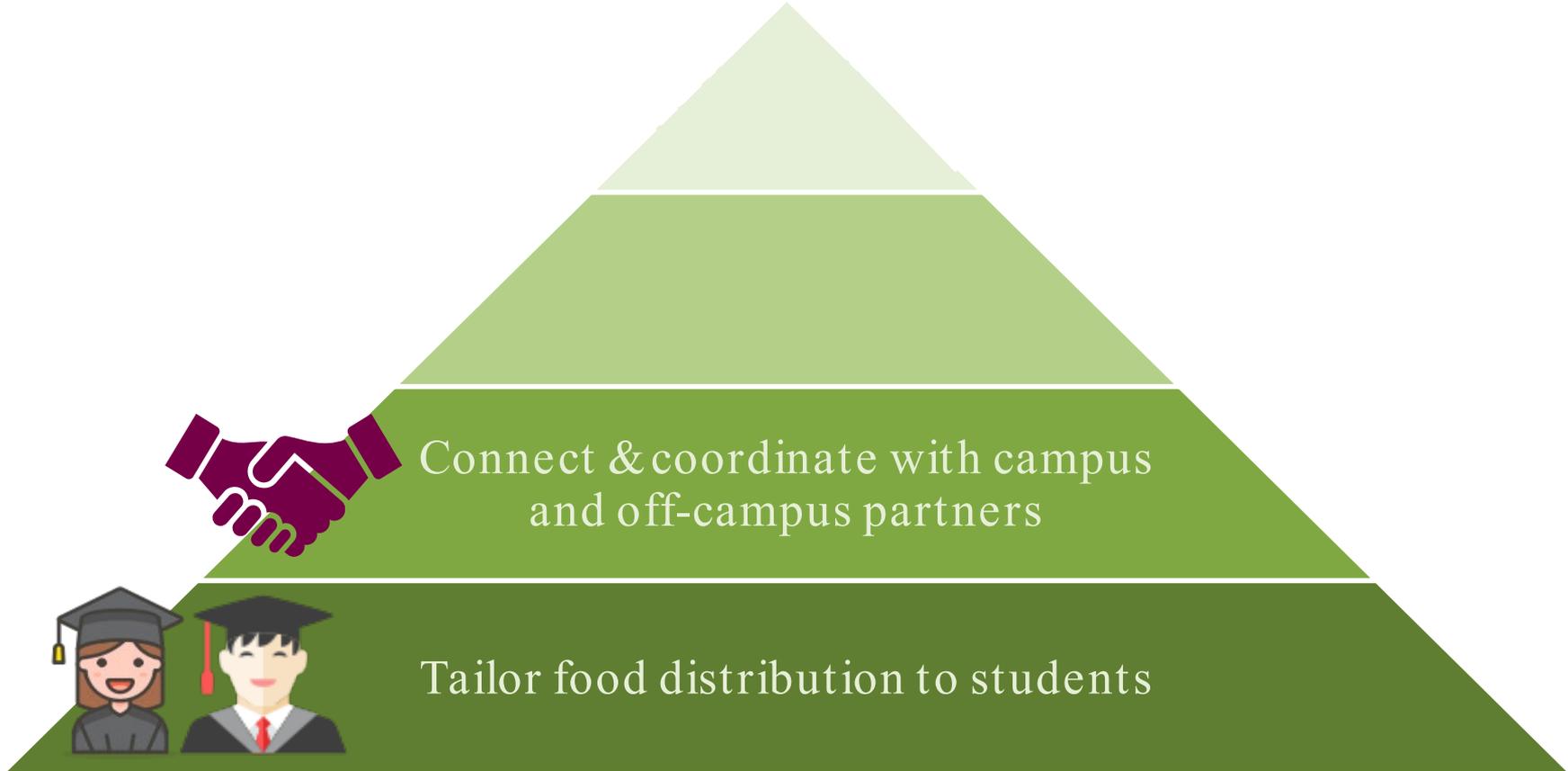


NPP: A Layered Program





NPP: A Layered Program





NPP: A Layered Program



Inform institutional
nutrition security
initiatives



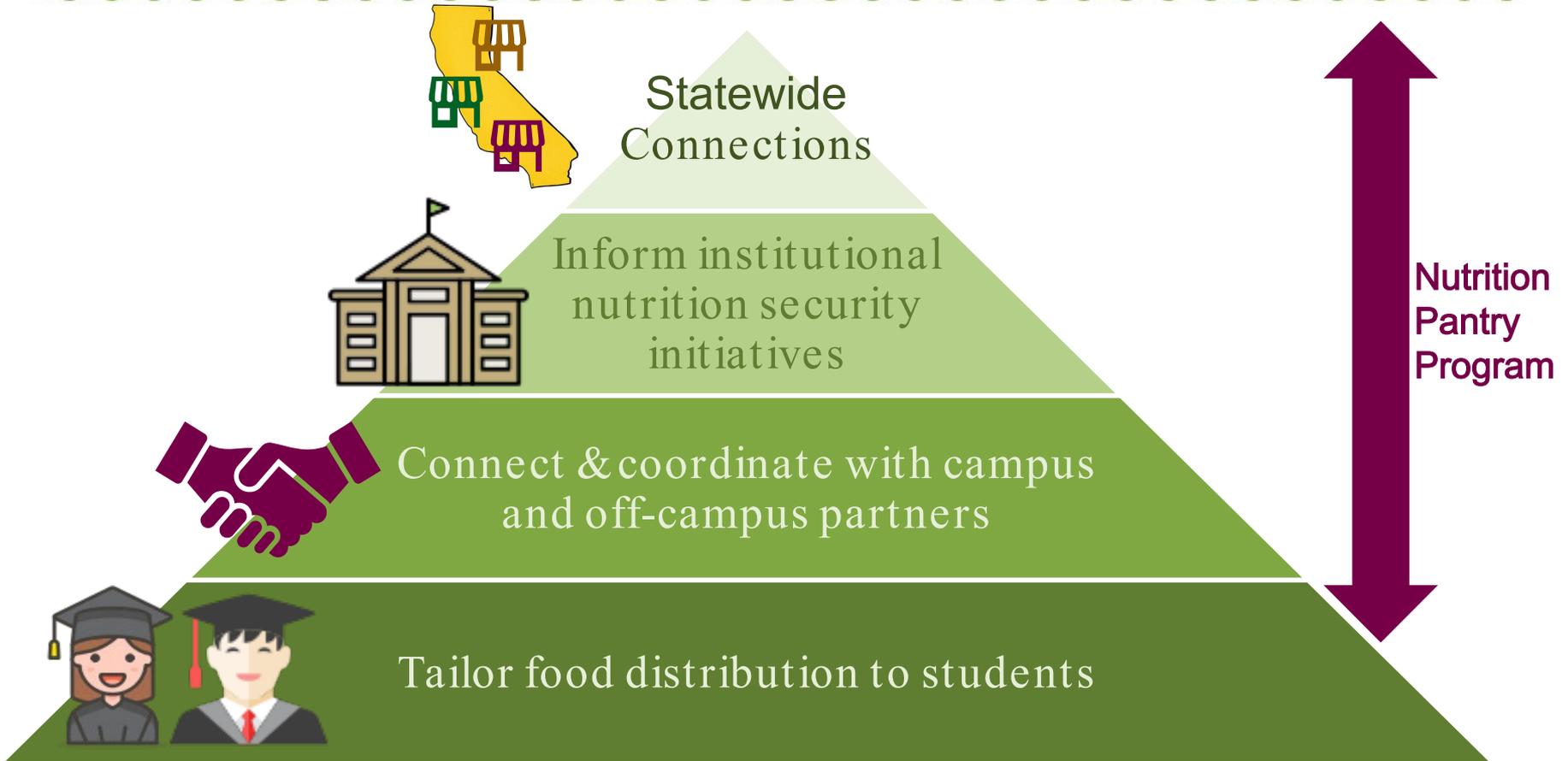
Connect & coordinate with campus
and off-campus partners



Tailor food distribution to students



NPP: A Layered Program



PSE Intervention with Six Focus Areas



Environment



Nutrition Education



Inventory & Purchasing



I'm nourished. I'm seen.
I'm heard. I matter.



Cultural & Dietary
Accommodations



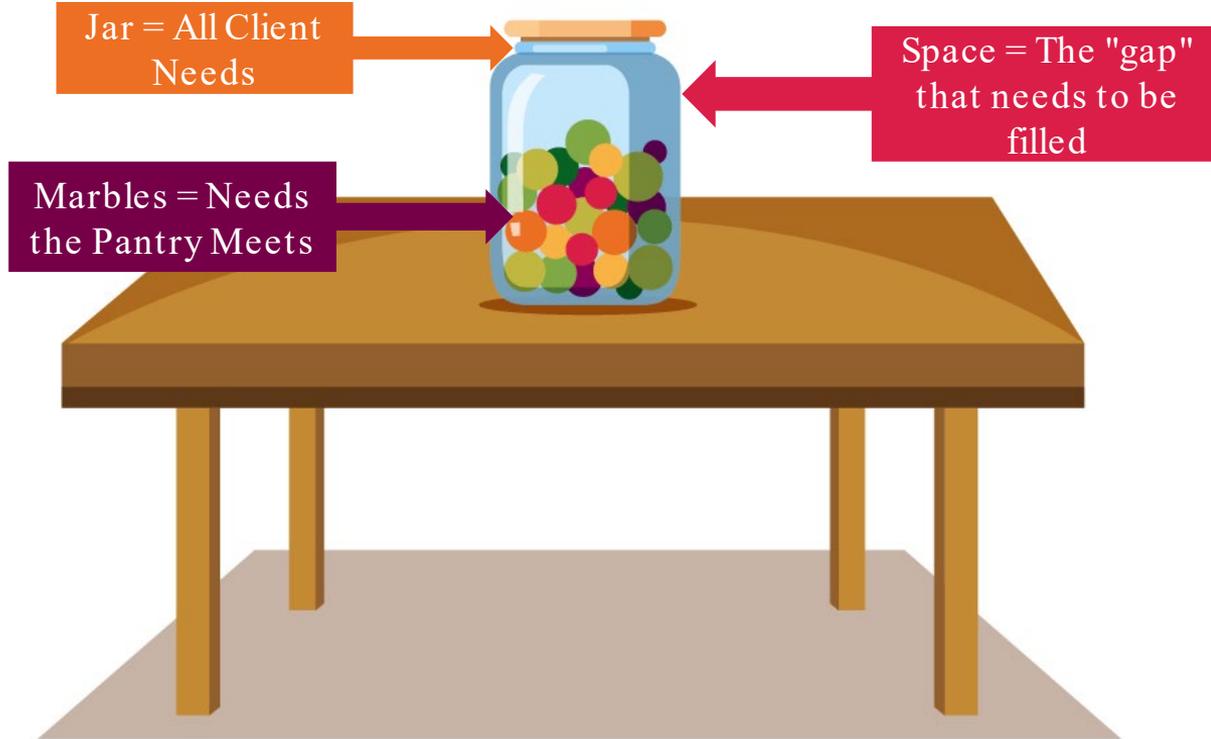
Community Connections



Pantry Policies & Procedures



What do your Clients Need?





Wide Variety of Needs

- Living (and cooking) situations vary:
 - Sheltered, full kitchen
 - Sheltered, limited kitchen
 - Shared cooking and living spaces
 - Unsheltered
 - Away from home at meal times
 - On vs. off campus
 - Access to transportation

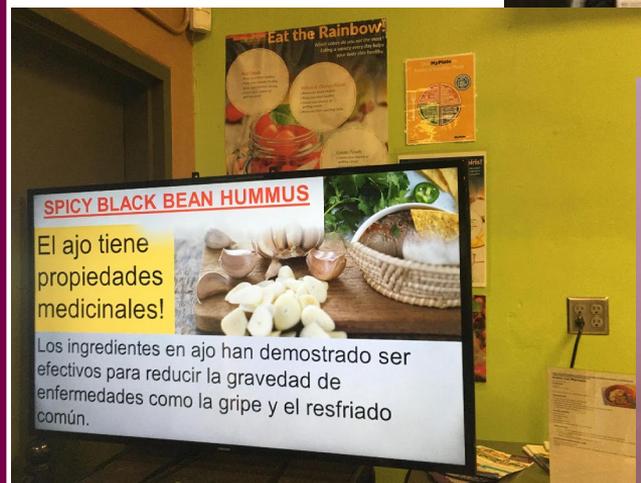
Example Implementation Strategies



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Nutrition Education
Clients, staff, and volunteers
have access to nutrition and
culinary education





Inventory & Purchasing
Healthy foods are prioritized for
distribution. Pantries support a
variety of waste reduction
efforts.





Cultural & Dietary Accommodations

People of different backgrounds have access to food and information that fits their preferences and health needs.

Vietnamese Food Preferences

FOOD PANTRY TIP SHEET

Description of Cuisine

Vietnamese cuisine typically includes a lot of fresh vegetables, herbs, rice noodles, seafood, meats, rice, and tropical fruits, with limited amounts of dairy and oil. A common staple includes stock or broth with meat and fresh vegetables seasoned with herbs, fish sauce, soy sauce, and/or sesame oil.



Considerations

Focus group participants have identified sugar as being a significant concern for the Vietnamese population. Whenever possible, avoid stocking sugary snacks and foods. These foods will take up space that can be used for more diverse and nutritious foods.

FOODS THIS GROUP

Bold, green text indicates items that are preferred by the Vietnamese population, especially:

- » Basil
- » Bok choy
- » Broccoli
- » Cabbage (green, purple)
- » Carrots
- » Cilantro
- » Garlic
- » Ginger
- » Mint
- » Onions
- » Potatoes (not in large amounts or too often)

FOODS THIS GROUP

Bold, orange text indicates items that are less preferred:

- » Canned cannellini beans
- » Canned fruit
- » Canned vegetables
- » Granola

* Created with the help of San Diego-based

The Diabetic Diet

FOOD PANTRY TIP SHEET

A diabetic diet requires a food pattern that helps to control glucose (blood sugar) and manage other risk factors like body weight, high blood pressure, and high triglycerides (fats in the blood). For individuals with diabetes, it can be challenging to determine what to eat. There is no one-size-fits-all eating pattern for individuals with diabetes.



There is a variety of eating patterns to help manage diabetes. Generally, individuals with diabetes are encouraged to replace refined carbohydrates and added sugars with more healthy sources of carbohydrates that are high in fiber, such as whole grains, legumes, vegetables, and fruits. Eating a fiber-rich diet can help the body slow digestion and control glucose levels.

Foods to Promote

- » Fresh fruits
- » Fresh vegetables
- » Dried beans
- » Brown rice
- » Whole grains
- » Canned tuna, chicken, and beef
- » Unsalted peanut butter and other nut butters, no sugar added
- » Canned vegetables
- » Oatmeal
- » Plain yogurt
- » Vegetable oils
- » Popcorn
- » Milk and unsweetened milk substitutes
- » Low sugar/high fiber cereals (<6g sugar/>3g fiber per serving)

Foods to Distribute Sparingly

- » White rice
- » White bread
- » White pasta
- » Dried fruits
- » Canned fruits
- » Fruit juice for low blood sugar
- » Sweetened yogurt

Foods to Avoid

- » Candy
- » Fruit juice that is not 100% fruit
- » High sugar cereals (> 10g sugar per serving)
- » Sweetened applesauce





Environment

Clients are warmly welcomed and healthy options are easy to access





Community Connections
Pantries connect and collaborate
with the community.



North County Communities Collaborative Health Initiative
Our Goal

Decrease incidence in diabetes, hypertension, and heart disease in the area we are served by educating, screening, referring, advocacy, and community outreach as well as integrating community classes, exercise/ physical activity so others may thrive.



FALLBROOK SMILES PROJECT



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Pantry Policies and Procedures

Policies and procedures are documented and align with a commitment to a dignified, healthy distribution.

Pantry Handbook TABLE OF CONTENTS

1. GENERAL INFORMATION

#

PANTRY LOCATION & CONTACTS
PANTRY MISSION STATEMENT
PANTRY SERVICES & PROGRAMS
HOURS OF OPERATION & OBSERVED HOLIDAY

2. FOOD PROCUREMENT

SOURCES OF FOOD & CONTACT INFOR
PICK UP/DELIVERY SCHEDULE & INSTRUCTION
FOOD BANK ORDERING
OTHER SOURCES OF FOOD
NUTRITION GUIDELINES

3. HOW CLIENT'S RECEIVE FOOD

CHECK-IN PROCESS
FOOD DISTRIBUTION

4. VOLUNTEER INFORMATION

NEW VOLUNTEER INFORMATION
VOLUNTEER HEALTH & HYGIENE RULES
VOLUNTEER TASK DESCRIPTIONS

5. PANTRY SETUP

FLOOR PLAN
OPENING CHECKLIST
CLOSING CHECKLIST

6. SUPPORTING CLIENT VOICE & HEALTH

HEALTHY FOOD PANTRY ASSESSMENT TOOL
WORK PLAN – NUTRITION PANTRY PROGRAM



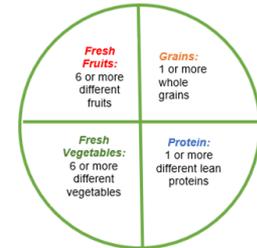
Nutritious Food Policy

Purpose

Fallbrook Food Pantry believes a nutritious diet is essential to the well-being of the individuals in our community. We believe every individual should have access to a healthy and nutritious diet. We practice being good stewards of the funds and items donated to us and never violate the trust of our community. We respond to people in-need by advocating dignity, respect, and fairness for all people by providing hope through nurturing love and emotional support. Most importantly, we encourage our clients to become self-sufficient, independent, and productive members of the community.

Nutrition Guidelines

Fallbrook Food Pantry is committed to providing a variety of nourishing foods from every food group to all clients. We commit to providing the following at every distribution:



Fresh Fruits & Vegetables

- Each person receives 8-10 pounds of fresh produce weekly
 - 6 or more different fresh fruits
 - 6 or more different fresh vegetables

Whole Grains

- 1 or more whole grains
- Examples include:
 - 100% whole grains
 - Ex. rolled oats, barley, bulgur, faro, millet, quinoa, brown rice, wild rice
 - Whole grain rich bread, pasta, and tortillas



PROCESS



Planning

Needs
Assessment

Implementation

Certification,
Graduation

Maintenance

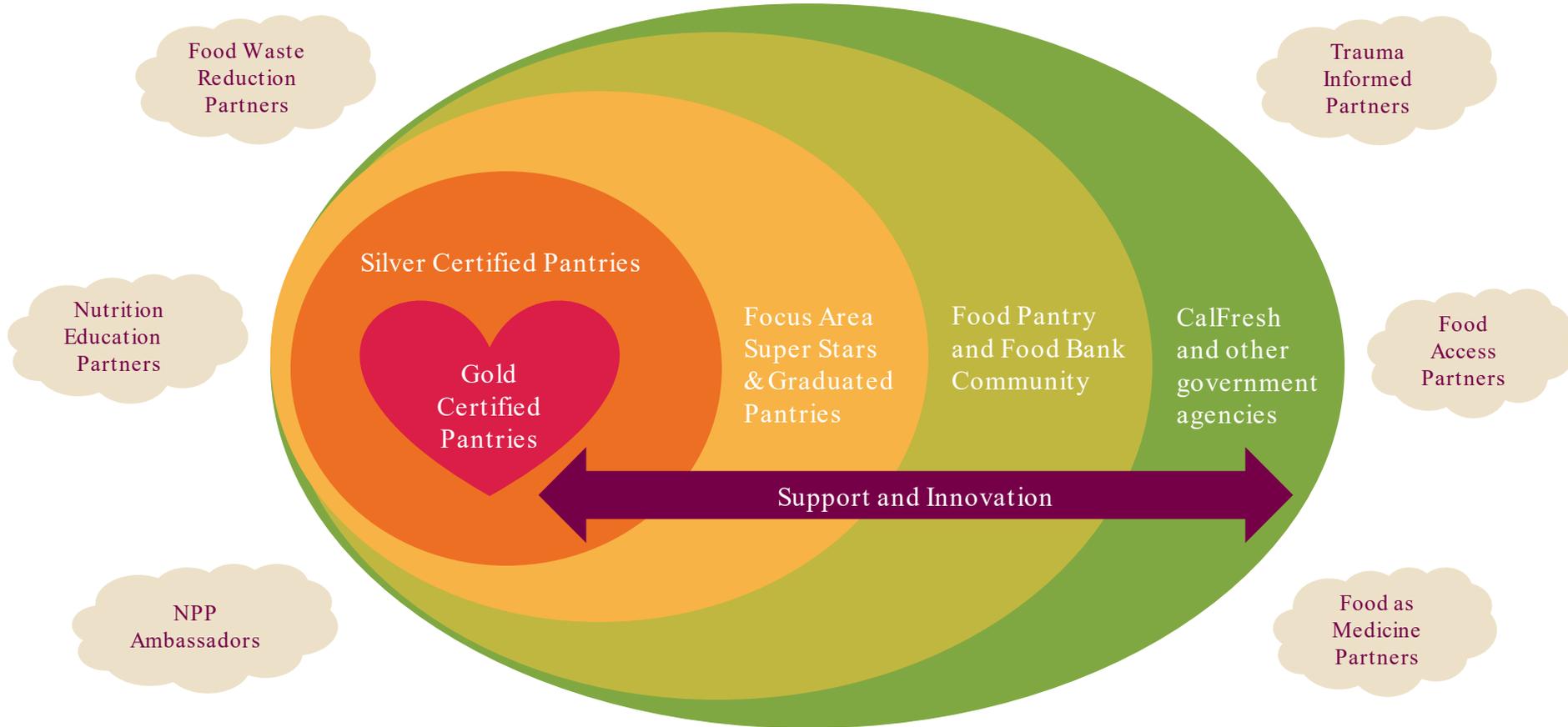


Benefits of Participation

- Network of certified pantries
- Recognition in the community
- Leadership Opportunities
- Motivation and alignment within organization
- Cutting edge thinking around trauma & nourishment
- Add in grant proposals / donations



NPP as a Network



Next Steps



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Reflections on Your Work

- How do I currently incorporate trauma-informed/healing-centered practices in my food and nutrition programming?
- How could understanding trauma and stress lead to changes in my food and nutrition program?
- What challenges can I anticipate with implementing programming changes?



Questions



Contact Us

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