



Vermont Foodbank
www.vtfoodbank.org

VERMONT FOODBANK

**Food Insecurity:
Interventions for
positive screens**

Michelle Wallace

Director of Community Health
and Fresh Food Initiatives

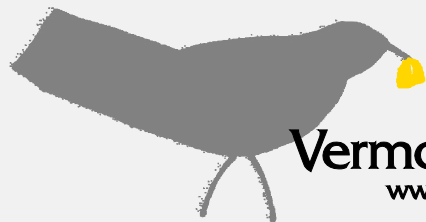
Disclosures :

- I have no relevant financial relationships to disclose or conflicts of interest to resolve
- I will discuss no unapproved or off-label pharmaceuticals

Vermont Foodbank Network

153K

VERMONTERS SERVED ANNUALLY



Vermont Foodbank
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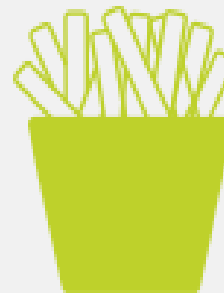
33%

OF HOUSEHOLDS
HAVE A MEMBER
WITH DIABETES



46%

OF HOUSEHOLDS HAVE
A MEMBER WITH HIGH
BLOOD PRESSURE



72%

OF HOUSEHOLDS
PURCHASE EXPENSIVE
UNHEALTHY FOOD

2014 National Hunger Study Data.

Chronic Food Insecurity

1:4

VERMONTERS
AT RISK OF
HUNGER & FOOD
INSECURITY

+

225

FOOD
PANTRIES
AND MEAL
PROGRAMS

=

1.2 M

**VISITS
ANNUALLY**

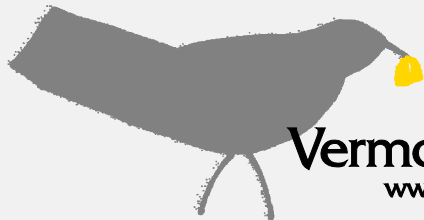
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8.3 TIMES PER YEAR



10M

POUNDS OF
FOOD
DISTRIBUTED



Vermont Foodbank
www.vtfoodbank.org

2014 National Hunger Study Data.

Vermont Foodbank
Fresh Food INITIATIVES

2M POUNDS OF FRESH PRODUCE ANNUALLY...

SERVING **1 in 4** Vermonters 6 million servings of fruits and veggies each year



Locally Sourced Produce



On-the-farm GLEANING



465K POUNDS OF VT GROWN PRODUCE

With help from:

600 Gleaning volunteers



80 Vermont farmers



225 Network Partners:

Food shelves • Meal sites • Senior centers
After school programs • Housing communities
+ other nonprofits

275 VT Fresh taste tests of 30 different fruits & vegetables



200 VeggieVanGo events at 12 schools & hospitals



70 Culinary students prepare 150K meals



RESULTS!



Sharing the
Joy & Beauty
of Fresh Food



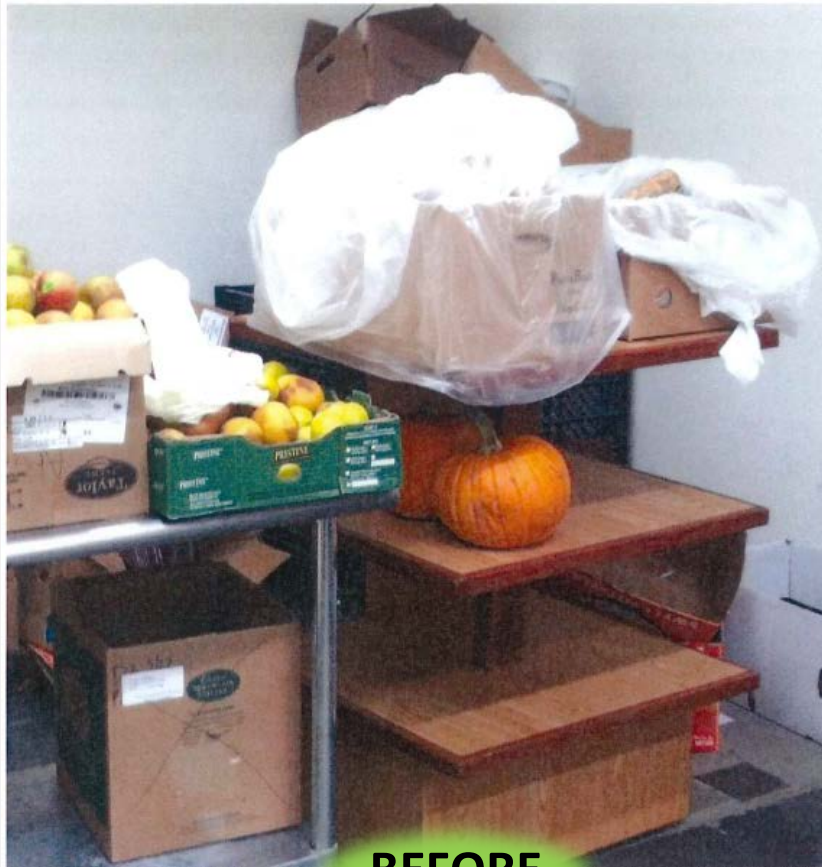
1 TRANSFORMING FOOD SHELVES

Using ideas from behavioral economics research to make fruits and vegetables the easy choice

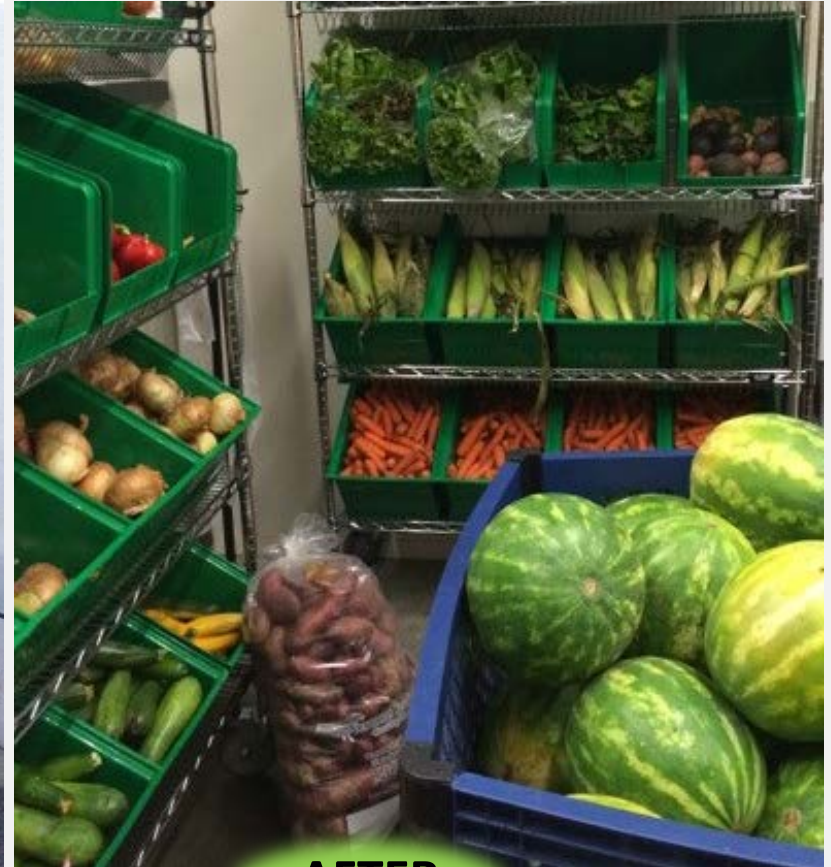




FOOD SHELVES IN VERMONT



BEFORE

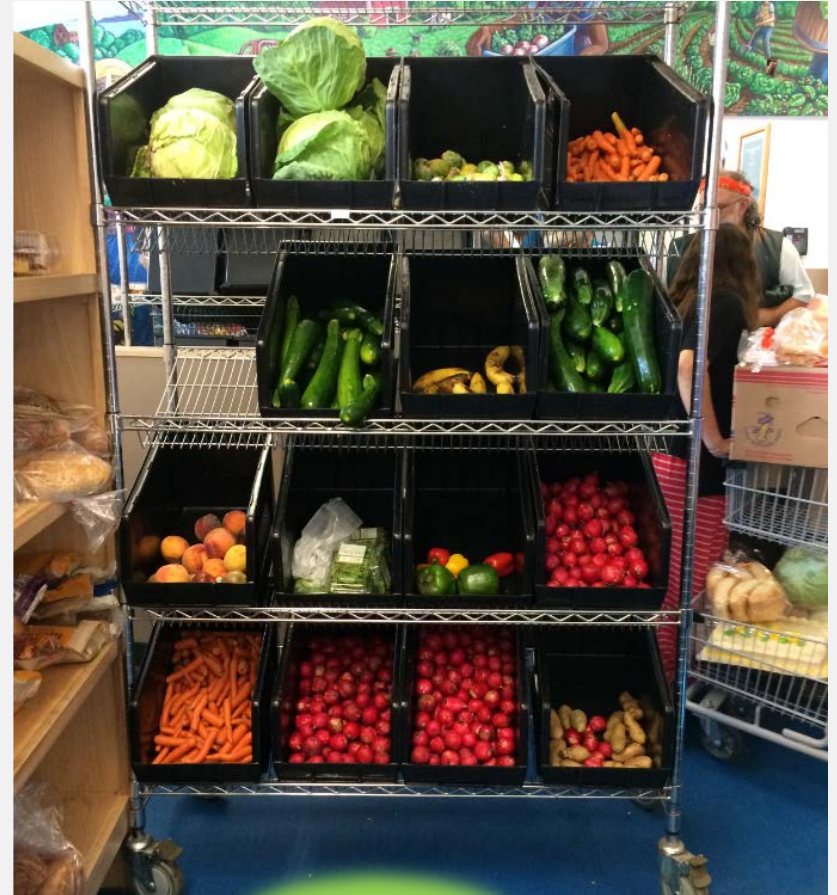


AFTER

FOOD SHELVES IN VERMONT



BEFORE



AFTER

**BEHAVIORAL
ECONOMICS RESEARCH**
offers creative and
intuitive strategies to
“NUDGE” people
in a way that makes
**FRUITS AND
VEGETABLES THE
EASIER CHOICE**



Displaying
healthy foods
PROMINENTLY
draws attention
to them
and may
increase their
consumption



Combining with
ATTRACTIVE SIGNAGE
draws attention to items
and can increase
selection of those items



VT FRESH COOKING DEMOS AND TASTINGS



Sharing Simple Recipes

Using one vegetable as the primary ingredient



RUTABAGA FRIES

4-6 Large Servings

INGREDIENTS

- 1 large Rutabaga
- 1/4 cup Oil (Olive Oil works well!)
- 1 tsp Rosemary, or other herb/spice mix
- Salt
- Pepper

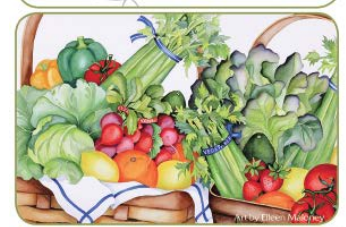
DIRECTIONS

1. Heat oven to 425 °.
2. Clean and cut the rutabaga in half and slice into long pieces (like French fries)
3. Put rutabaga pieces in mixing bowl. Add oil, herbs and sprinkle with salt and pepper. Mix with your hands or a spoon until all pieces are covered.
4. Spread out onto a baking sheet.
5. Roast in oven until edges brown and rutabaga is tender – about 45 minutes – stirring halfway through so both sides brown.
6. **Tip:** Can reheat next day in frying pan, toaster oven or microwave to enjoy as leftovers.

Eat a Rainbow!
Make half your plate
fruits and vegetables.



Fresh food tastes delicious and is easy to prepare



QuickTips

Cooking
with
Fresh
Vegetables

A to Z

Eat a Rainbow!
Make half your plate
fruits and vegetables.




Vtfoodbank.org





Vermont Foodbank
VT fresh



Cucumber

- Dice or slice into green salads.
- Make a simple cucumber salad with vinegar, oil, sugar, salt and pepper. Add feta cheese and tomatoes.
- Kids enjoy cucumbers any way you slice it or even whole. For a decorative effect, peel alternating stripes across the length.
- Add to sandwiches or wrap crackers.
- Make refrigerator pickles in a bowl with vinegar, salt and water (dill seed and garlic optional).
- Mix cucumber rounds with yogurt, dill weed, and salt and pepper.

Let a Rainbow!
Fresh and Local Produce

fresh CUCUMBER



- Add to salads.
- Dice and mix with dressing.
- Serve raw with hummus dip.

PARTNERSHIP with YMCA's Diabetes Prevention Program



YOU CAN TAKE CONTROL
REDUCE YOUR RISK TODAY

YMCA's DIABETES PREVENTION PROGRAM



Vermont Foodbank
VT Fresh



Art by Eileen Maloney

Life Style Coaching & Education



Cooking Demos & Tastings



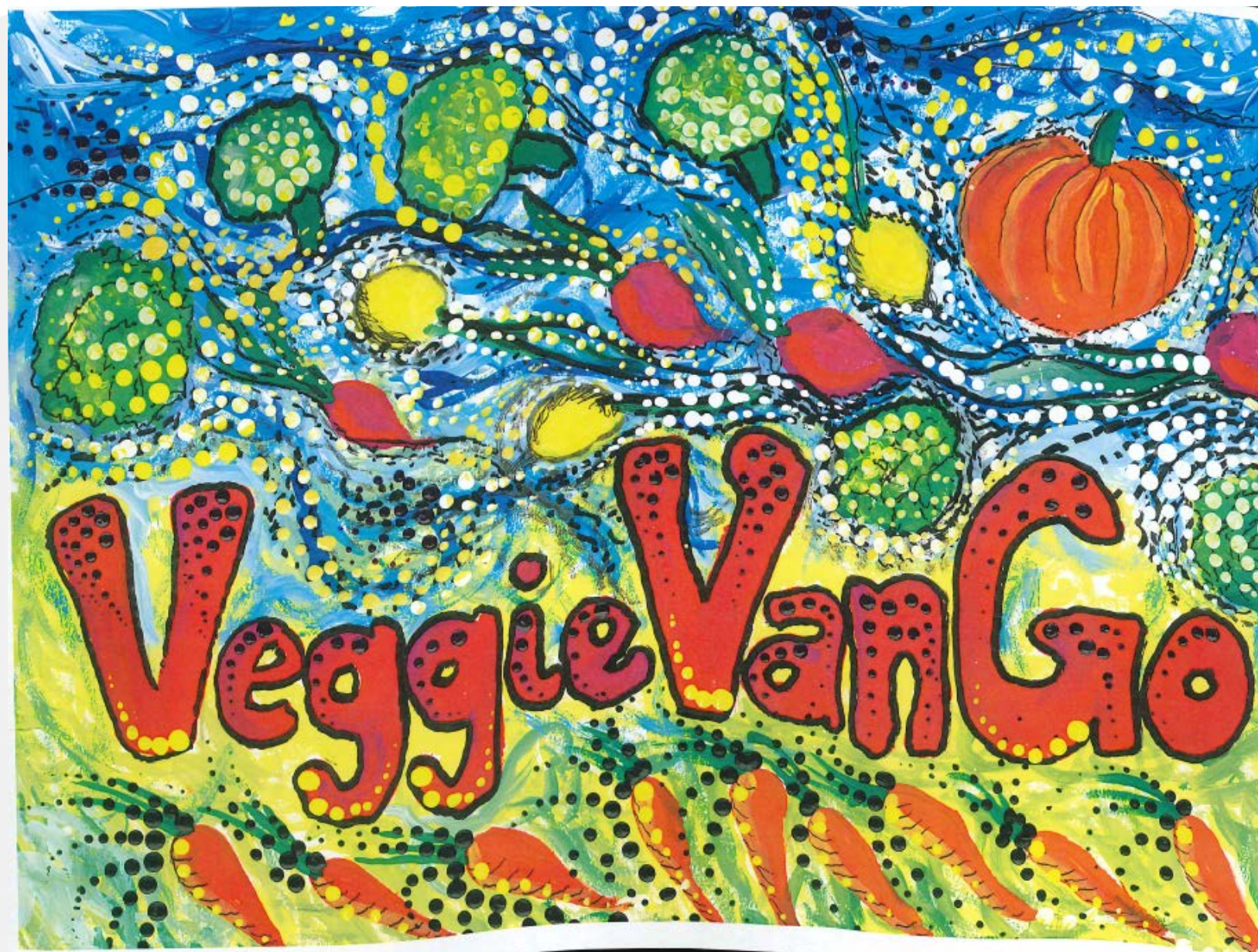
Produce Distribution



2 VEGGIE VAN GO MOBILE FOOD PANTRY

Distributing food on-site
at hospitals and schools





- Central Vermont Medical Center
- Northeastern Vermont Regional Hospital
- Grace Cottage Hospital
- Southern Vermont Medical Center
- Springfield Medical Care Systems
- VA Medical Center
- Mt. Ascutney Hospital
- Brattleboro Memorial Hospital



NAME _____

FOR GOOD HEALTH:

Three to five servings daily of FRESH VEGGIES!

GET YOUR FREE VEGGIES!

It's always prime time for fresh, delicious veggies! And you can use this slip to get **FREE VEGGIES** every month from VeggieVanGo™, the Vermont Foodbank's mobile nutrition program. Just come to Mt. Ascutney Hospital from **10:00 to 11:00 am on the 2nd Tuesday of each month** to get your free, fresh produce. Look for the VeggieVanGo signs!



NOTE: You do not need this form to pick up your produce, simply stop by on the 2nd Tuesday of each month from 10:00 to 11:00 am.

SIGNATURE _____

DATE _____

3 FOODSTAMP APPLICATION ASSISTANCE

Referring clients to access application assistance and making it easier for people to purchase the food they need.



Vermont Foodbank Application Assistance

Personalized one-on-one
application assistance.



Partnership with healthcare organizations

- Hosting VFB staff to table at your location
- VT Foodbank Referral Forms
- Materials



Get help applying for 3SquaresVT

**Toll free
1-855-855-6181**

Vermont Foodbank
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VERMONT
DEPARTMENT FOR HEALTH & FAMILY SERVICES





KEY TAKEAWAYS



Vermont Foodbank

- **See it for yourself....
Visit your local community food shelf!**
- **Refer patients to the food shelf.**
- **Help expand Veggie VanGo to your hospital.**
- **Refer patients to apply for 3SquaresVT.**

vtfoodbank.org

800-585-2265



THANK YOU

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