WASHINGTON SNAP-ED FRIDAY FORUM

FOOD DEMONSTRATIONS TO ENCOURAGE HEALTHY CHOICES

DECEMBER 13, 2019
WELCOME TO FRIDAY FORUMS

• Purpose of Forums:
  • Expand on Systems Approaches for Healthy Communities Training.
  • Platform for sharing examples, resources and opportunities for delivering PSE.
  • Facilitate discussion and exploration among SNAP-Ed providers.
  • Provide an interactive learning experience.
TODAY’S AGENDA

- During today’s forum, we will cover the following:
  - Tips on settings and best practices for SNAP-Ed providers to highlight healthy recipes.
  - Promoting healthy recipes, doing the demonstration, encouraging participants to prepare the recipes at home.
  - Working with local Food Banks, CSO’s, Schools, Farmers’ Markets
  - Working with multicultural populations
I hear, I know.
I see, I remember.
I do, I understand.

- Confucius
Choosing A Recipe

➢ Know your audience
  o Common pantry items?
  o What do they have at home?
  o Kitchen access?
  o Cooking literacy?

➢ Know the space

➢ Food Safety

➢ Consider the time you have

➢ People are more likely to try something new if they can taste it

Instructor Guide p.22-25
Keep It Lively

Show
- Show ingredients. Why are you using it? What are the health benefits? Where did you buy it? How do you choose?

Explain
- Explain substitutions and versatility.

Tell
- Tell stories. Share your own challenges and experiences.

Invite
- Invite clients to share their experiences, ideas, and memories about food.

Ask
- Ask a volunteer participant to try the technique you taught.
Skagit County SNAP-Ed
Reaches families through:

• Schools
• Farmers Markets/Grocery Stores
• Food Banks
• DSHS Community Service Office
• Low-income Housing
• Job training centers
Reaching Families at Food Banks

- Recipe Demonstrations
- Environmental Cues/Nudges
- Healthy Donations
- Backpack Programs (CHOW)
- Community Gardens
- Spanish-speaking programming
Food demos highlighting distributed fruits and vegetables

Gardens and community classes
Developing new partnerships for healthier food donations
Helping Hands will be working with partners to offer classes for the community. The goal is to facilitate our participants receiving the tools to educate themselves. **Example:** Worksource will be teaching classes on interviewing, WSU will be teaching nutrition classes, SVC will be teaching adult education, United Way will be teaching financial stability. Community Action will be hosting classes on how to sign up for social services. Family promise will be teaching eviction prevention just to name a few. **The sky is the limit on how this room will be used.**
HELPING HANDS
Food Bank | Skagit County

Community Action
of Skagit County

Skagit County
WASHINGTON STATE UNIVERSITY EXTENSION

CHOW Program (Cutting Hunger On Weekends) Back Pack program
Providing PSE and Indirect supports for healthy food options
Reaching Families at DSHS CSO

- Direct-education
- Recipe Demonstrations
- Staff training
- Community Events
- Grocery Store Tours
Bulletin Boards promoting outside resources for clients and educating staff
Food demos and Lobby Take overs encourage more resource sharing between DSHS staff and SNAP -ED
Community events
Neighbors Feeding Neighbors
Grocery Store Tours reinforce class messages and bulletin Board information. What does this look like in my world?
Questions?

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Connecting With Community

• Food Demonstrations Designed with Care
Impacts of Food Demos

Positive exposure to healthy food

Opportunity to try new foods

Learn important cooking / shopping skills

Improve health outcomes

Enhance taste expectations
School Gardens are a great way to connect food and family!
Many reasons to link Food Demos to Gardens

- Increases nutrition knowledge
- Encourages willingness to taste new & healthy foods
- Creates excitement about vegetables and fruits
- Fosters understanding of where food comes from
- Engages through hands on learning
- Teaches life skill of how to grow food
In the Garden We Harvest, Cook & Eat
Recipe Demos and Samplings

~ Food Banks
~ Farmer’s Markets
~ Community Events
~ Family Nights
~ Recruiting for Classes
Choosing a Recipe

~ Does it meet the SNAP-Ed guidelines?
~ Have you made/tryed it before?
~ Is it simple and affordable?
~ Is it appropriate for the audience?
~ Is it able to be easily adapted?
~ How long will it take to prepare?
Things To Consider

~ The space you will be using to prepare/serve the samples (location of sink, outlets, available table space)

~ The audience (age range, cultural considerations)

~ The time of day

~ The weather

~ The nutritional messaging (choose just 1 or 2 main messages)
What comments and questions do you have?
THANK YOU FOR JOINING OUR FRIDAY FORUM

A recording of today’s call as well as links to the resources mentioned will be posted on the WA SNAP-Ed website.

https://wasnap-ed.org/