



Meeting Broader Needs through Partnerships



Bill McKelvey
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POWER UP YOUR PANTRY



Interdisciplinary Center
for Food Security

Power Up Your Pantry

How this webinar works

- We are recording this
- Everyone is muted at the moment
- Please stay muted unless you would like to speak up
- Please type questions into the chat box anytime
- At the end, if you'd like to ask a question, unmute yourself and please ask your question
- For those joining by phone, you can mute/unmute yourself by hitting “*6”

Power Up Your Pantry



Power Up Your Pantry is a University of Missouri program intended for food pantries and other hunger relief groups looking for ways to enhance their current operations and better meet the needs of the people they serve.



Power Up Your Pantry

There are many ways to connect with us!

- Power Up Your Pantry *Lunchbox Learning*
 - Webinars/online sessions
- Power Up Your Pantry *Connection*
 - One-on-one technical assistance
- Power Up Your Pantry *Meet-ups*
 - Regional meetings starting in the spring of 2019
- Power Up Your Pantry *Guide Sheets*



Power Up Your Pantry

- Website at foodsecurity.missouri.edu/power-up/
- Visit our website and complete the short survey at <http://bit.ly/power-up-app> to be added to our mailing list!!!

facebook



<https://www.facebook.com/powerupyourpantry/>



Power Up Your Pantry

Meeting Broader Needs
through Partnerships

POWER ^{UP} YOUR PANTRY

CULTIVATING SELF-RELIANCE

We want this for ourselves, our loved ones, and everyone in our community. But, how do we get there?

The first step is to recognize that total self-reliance is a myth. None of us appeared out of thin air. We were born from parents, raised with all types of support, and have benefited from the input of countless people, institutions, and programs throughout our lives. Think of public schools, roads, clean water, and so on. All of this is possible because we work together and pool our resources.

The goal of self-reliance for food pantry clients is about helping people improve their own skills and utilize existing programs so they can be more self-reliant and connected to the broader community.

Below are a few options to consider for giving a helping hand:

Increase nutritional knowledge and culinary skills. Basic knowledge of how to prepare simple, tasty, and nutritious meals helps people make better choices and save money. Consider partnering with the MU Extension Family Nutrition Education Program in your area (extension.missouri.edu/fnep/).

Help people obtain government nutrition assistance and other antipoverty benefits. A host of federal programs exist to provide a safety net to families and lift them out of poverty. The most common food assistance program is SNAP (which stands for the Supplemental Food Assistance Program, formerly called the Food Stamp Program). Talk with your regional food bank to learn more and get help with helping your clients know more about these important benefits. To learn more about other programs, check with your local Community Action Agency at communityaction.org/agencies/.

Provide referrals to educational programs and services offered by other agencies. No one is saying that your food pantry needs to be self-reliant when it comes to helping clients be more self-reliant. We strongly encourage you to partner with existing agencies in your community. Learn what is available and then determine what is possible. Some options to explore include enhancing job skills and job readiness, offering health screenings and clinics (including dental), and addressing topics such as emergency preparedness, affordable housing, or energy efficiency.

Engage in local food production. Find ways to encourage and accept local produce donations, partner with your local farmers market, or help people grow gardens. These and related activities can improve access to healthy food and give people a chance to grow some of their own food. Learn more at bit.ly/growwellmo.



Download at:

<http://foodsecurity.missouri.edu/power-up/>

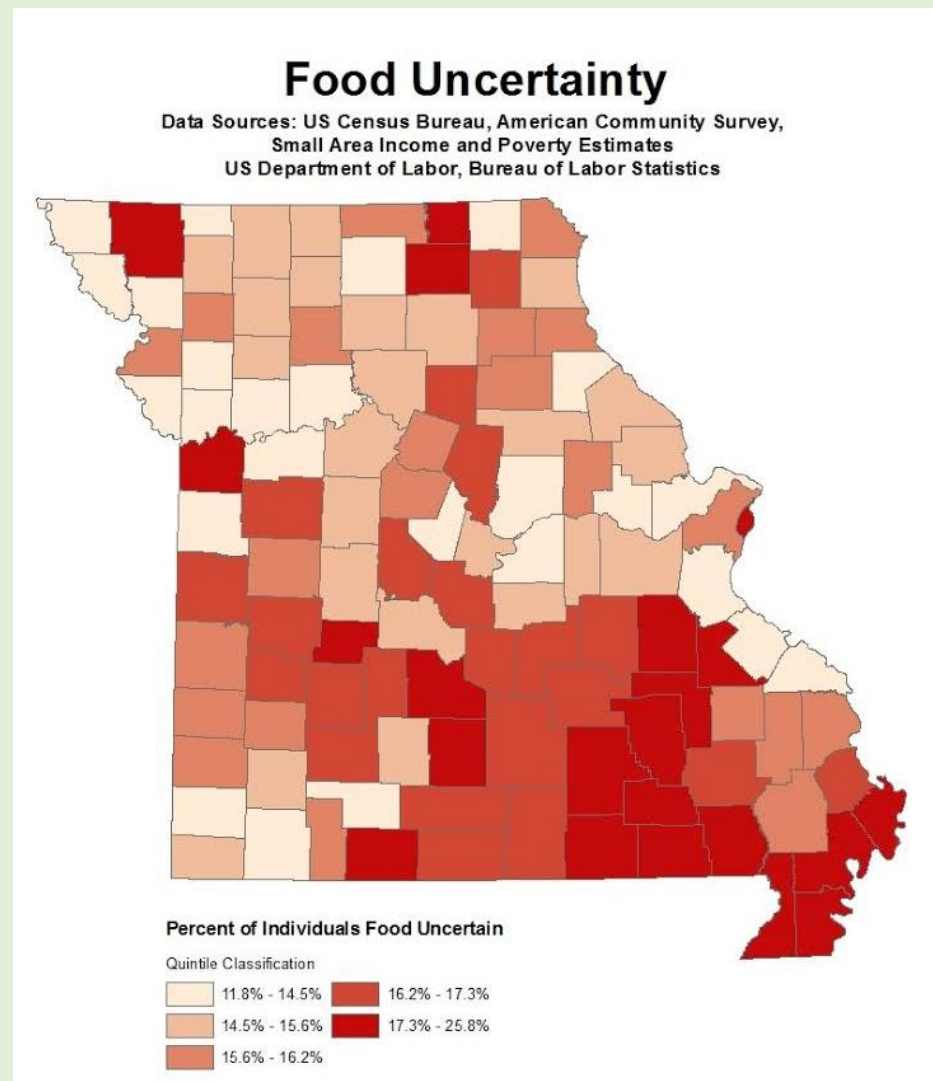


This series is intended for food pantries and other hunger relief groups looking for ways to enhance their current operations and better meet the needs of people who use their services.

The information provided is based on survey and other research conducted by the Interdisciplinary Center for Food Security at the University of Missouri.



Hunger is a problem in Missouri



Food-insecure seniors are more likely to have chronic health conditions.

FOOD-INSECURE SENIORS ARE:



MORE LIKELY
TO EXPERIENCE
DEPRESSION



MORE LIKELY
TO EXPERIENCE
ASTHMA



MORE LIKELY
TO EXPERIENCE
CHEST PAIN



MORE LIKELY
TO EXPERIENCE
**LIMITATIONS
IN ACTIVITY**



MORE LIKELY
TO EXPERIENCE
**HIGH BLOOD
PRESSURE**

food insecurity in children leads to



lower grades



**tardiness/
absences**



obesity



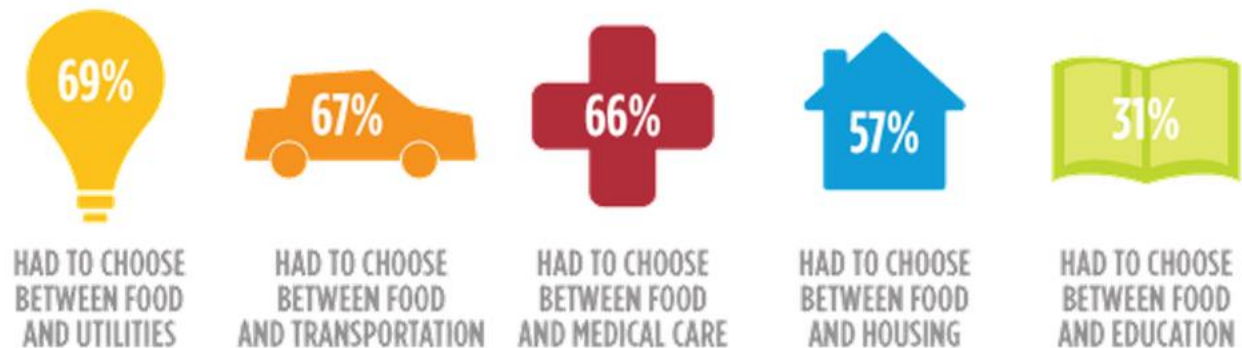
**low mental
health**



**low physical
health**

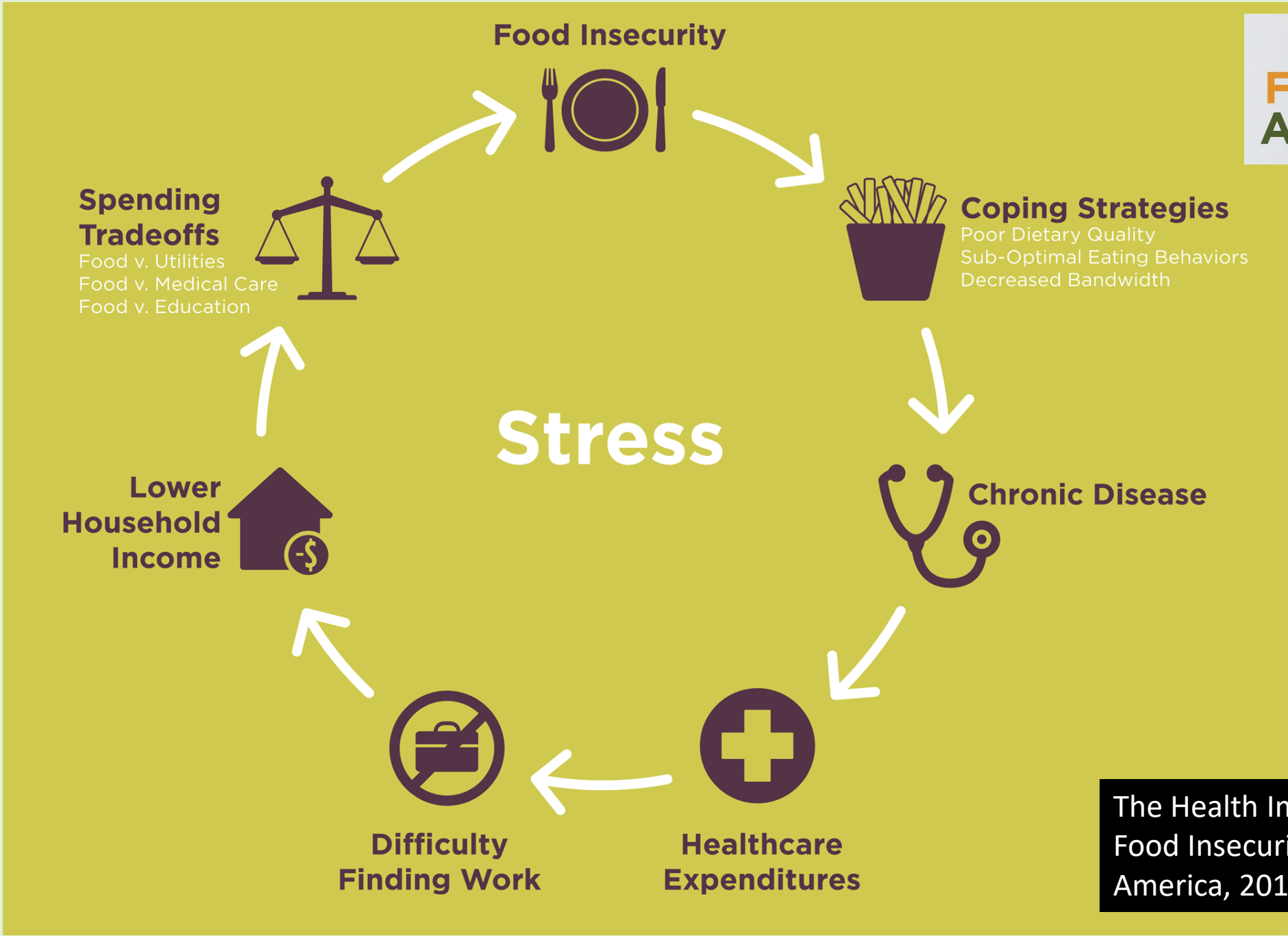
Feeding America client households frequently face difficult decisions in an effort to ensure they have sufficient food.

- Client households often survive on limited budgets and are confronted with choices between paying for food and paying for other essentials. These dilemmas can put households in the position of choosing between competing necessities.



- In addition to charitable nutrition assistance programs and making spending tradeoffs, many households also engage in a number of other coping strategies in order to feed their families.





The Health Implications of Food Insecurity, Feeding America, 2018

Overview – Meeting Broader Needs

- Define self-reliance
- Strategies
 - Partner to Win!
 - Increase nutritional knowledge and skills
 - Help people access other forms of support
 - Engage in local food production

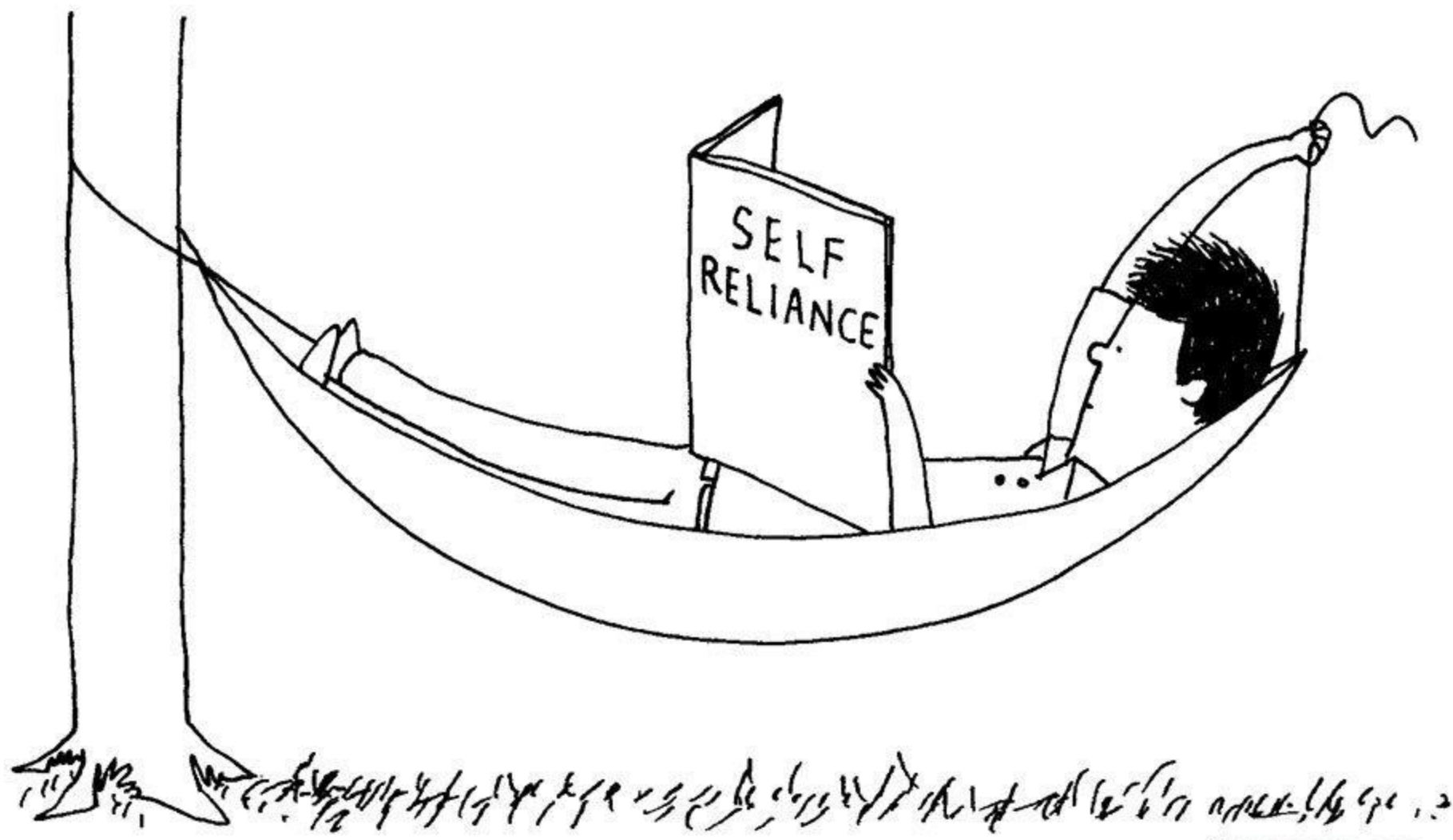
What does self-reliance mean to you?

Reliance on one's own powers and resources rather than those of others.

However, we've all had help along the way and still receive help from others

- Individual family members, friends, neighbors, teachers, strangers
- Community
- Institutions like public schools, hospitals, church, etc.





What is the goal?

- Help people build skills
- Utilize existing programs and resources
- Be *more* self-reliant
- Be more connected to the broader community



Partner to Win!

- What are some additional, local resources to help address the broader needs of the people you serve?
- Levels of commitment
 - Level I: Provide a flier or poster
 - Level II: Provide a referral
 - Level III: Provide service or education on site

Ideas

Partners

- Health Department
- Hospital
- MU Extension
- Treatment centers
- 4H, FFA, and other youth orgs
- Kiwanis, Rotary, other civic groups
- Others

Topics

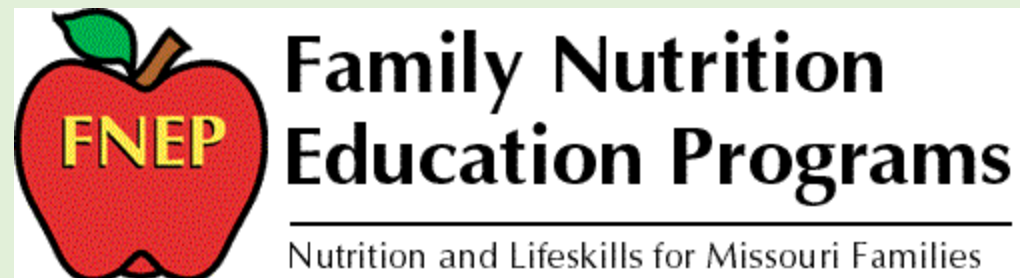
- Health screenings (all types), nutrition ed, physical activity, youth programs, housing, employment/job skills, counseling/mental health, domestic violence, fishing and hunting, smoking cessation, chronic disease management, voter registration, health insurance...

Shelby County



Nutritional knowledge and skills

- Simple, tasty, nutritious meal prep
- Tailored recipes based of available foods
- Perhaps a perfect job for a special volunteer
- Resources available to you
 - SNAP-Ed Connection (<https://snaped.fns.usda.gov/recipes-menus>)
 - MU Extension Family Nutrition Education Program (<http://extension.missouri.edu/fnep>)



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Advance



UNIVERSITY OF MISSOURI
Extension



Accessing other forms of assistance

- Federal safety net programs
 - Low Income Home Energy Assistance Program (LIHEAP) - <https://dss.mo.gov/fsd/energy-assistance/>
 - Contracted Agencies - <https://dss.mo.gov/fsd/energy-assistance/pdf/liheap-contracted-agencies.pdf>
 - Women, Infants, and Children (WIC) Special Supplemental Nutrition Program - <https://health.mo.gov/living/families/wic/>
 - WIC Clinic and Store Locator - <https://ogi.oea.mo.gov/DHSS/WICsearch/index.html>
 - Supplemental Nutrition Assistance Program (SNAP) - <https://mydss.mo.gov/food-assistance/food-stamp-program>



Does SNAP work?

- In 2014, lifted 4.7 million people (or approx. 10% of SNAP recipients) out of poverty, including more than 2.1 million children
- Reduced food insecurity rates by up to 30%
- Reduce risk of low birth weight deliveries by 23%
- Reduce obesity and metabolic syndrome (e.g. diabetes) among children
- Fewer hospitalizations and decrease in medical costs among adults
- 99% of benefits are not associated with fraud

From Got Science?, The Podcast, Episode 30: The Evidence is In: SNAP Works (<https://soundcloud.com/gotscience/ep-30-the-evidence-is-in-snap-works>) and The Facts about Food Stamp Fraud (<https://www.forbes.com/sites/simonconstable/2018/04/04/the-facts-about-food-stamp-fraud/#59625468f880>).

SNAP Outreach

Distribute information

- Flyers and brochures
- Refer clients to SNAP Helpline

Be a host site

- Outreach worker comes to agency
- Agency advertises outreach sessions and helps clients prepare for outreach visit

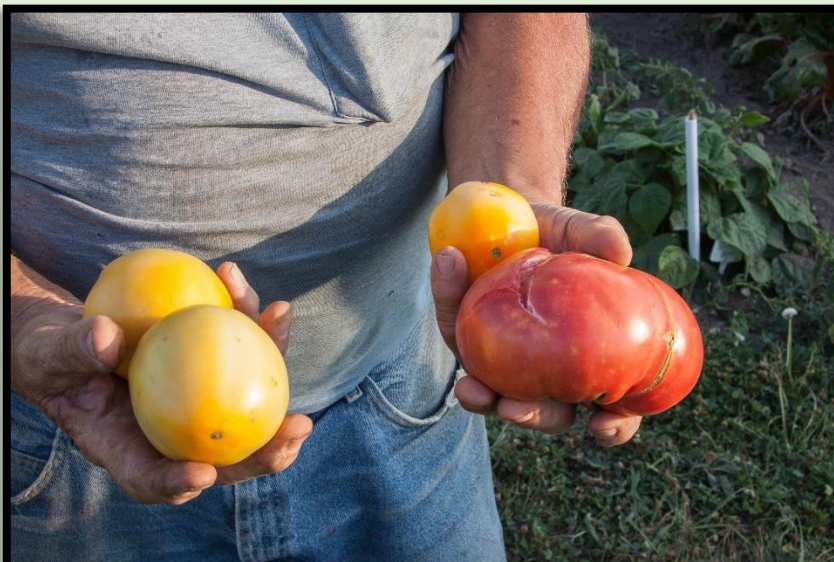
Direct application assistance

- Agency training in SNAP information and assistance
- Help clients directly during food distributions

Contact your regional food bank for more information.

Engage in local food production

- Encourage and accept local produce donations
- Partner with your local farmers market
- Partner with a community garden (or start your own)
- Help people grow their own (e.g. Grow Well Missouri at <http://bit.ly/growwellmo>)



Grow Well Missouri at <http://bit.ly/growwellmo>



Resources

POWER^{UP} YOUR PANTRY

Go Local! Series
Community Gardening



Community gardens find their roots in unique ways. Some gardens begin with the goal of volunteers growing produce for a food pantry. Other gardens adopt a more interactive approach by letting people grow their own produce and giving gardeners control of what they plant, how they take care of their plot, and when they harvest.

Still others focus on demonstration and education with the aim of helping people see what is possible, learn gardening skills, and build the confidence to try gardening on their own.

Ultimately, there is no right or wrong way to organize a community garden. In fact, many gardens promote a variety of goals to attract a wide range of participants and meet their individual needs.

Food pantries that want to start a community garden have a range of options to choose from. In this guide, we'll share best practices and options for creating a successful and sustainable garden.

Getting started
Community gardens work best when a variety of people can get their hands dirty in the planning stages. A plentiful group of partners provides a broad, well-rounded perspective for the garden from the beginning. We recommend starting with a core group of five to seven people who are willing to plan the garden- and organize and recruit early gardeners. Be sure to ask local businesses, civic and youth organizations, and related agencies about getting involved. Try to be inclusive of people from different backgrounds.

The core group's first task is to have a conversation about the goals of the garden. Here are a few guiding questions:

- What do you want to accomplish?
- What type of garden do you envision?
- Who will be involved?
- Who will do the work?
- Are your goals compatible with the desires of the broader community?
- Most importantly, do your goals allow food pantry clients to contribute in a meaningful way?



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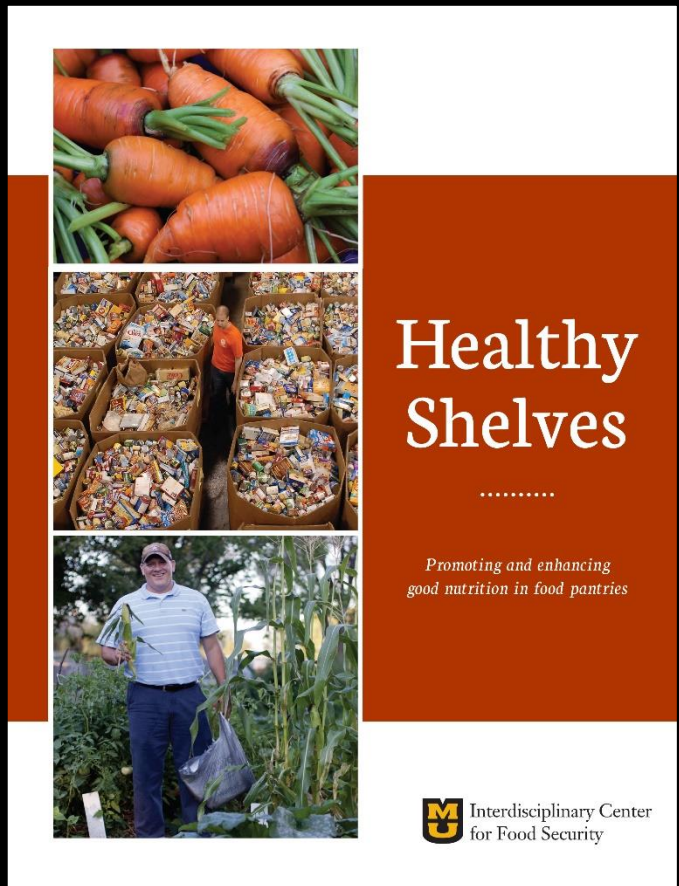
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THE GARDEN STARTER

FOR NEW GARDENERS OR GARDENERS WHO ARE STARTING OVER

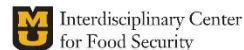
Grow Well



Healthy Shelves

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Promoting and enhancing good nutrition in food pantries



Power Up Your Pantry Guides Sheets: <http://foodsecurity.missouri.edu/power-up/>

The Garden Starter: <http://foodsecurity.missouri.edu/garden-starter/>

Healthy Shelves: <http://foodsecurity.missouri.edu/healthy-shelves/>



Upcoming webinars

- 5-part Fundraising series
 - Tentatively starting January 16, 2019, then every two weeks
- Find information at <http://foodsecurity.missouri.edu/power-up-lunchbox-learning/>





GET INVOLVED



LIKE "POWER UP YOUR PANTRY" ON FACEBOOK.



DOWNLOAD "POWER UP YOUR PANTRY" GUIDE SHEETS FOR FREE AT: [FOODSECURITY.MISSOURI.EDU/POWER-UP/](https://foodsecurity.missouri.edu/power-up/)



CONTACT US FOR QUESTIONS OR INPUT. WE APPRECIATE THE FEEDBACK!

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