



# Innovative Nutrition Education: From Children to Families

Heidi Katte, MS, RDN, CD, FAND

Milwaukee Area Technical College  
Mobile Nutrition Classroom Initiative

Terri Green

Oshkosh Community Food Pantry's Kids Corner

 MILWAUKEE AREA **Technical College**  
School of HEALTH SCIENCES

# What you will learn about Innovative Nutrition Education...

- Identify ways to provide nutrition education in the food pantry.
- List two distinctive, innovative nutrition education delivery models.
- Describe nutrition lessons about food groups, healthy food options, and safe food preparation techniques.
- Illustrate ways to empower children to make healthier food choices.





# Milwaukee Area Technical College's Mobile Nutrition Classroom

College Innovation Grant funded program that is a service learning experience for students in the Dietetic Technician and Dietary Manager programs to provide nutrition education to urban gardening participants in the Milwaukee area.

# Meek Beginnings

- Antoine Carter, Groundworks MKE & Heidi Katte, MATC instructor
- Shared vision to collaborate
  - Students share nutrition knowledge
  - Gardeners meet to learn about how to prepare locally grown produce as well as their nutrient benefits

# Grant Team

- Heidi Katte, MATC Faculty Project Lead
  - Recognizes the need to assist Milwaukee community as its food hunger issues and urban gardening opportunities afford the mobile nutrition classroom initiative a unique niche
- Betzaida Silva, MATC Faculty Project Assistant
  - Understands the unique needs of the Milwaukee area with its diversity and food accessibility as well as nutrition education needs
- Lisa Conley, MATC Service Learning and Community Liaison
  - Collaborative efforts to provide outreach to community and assist with building relationships

# Project Aim

- Student Success
  - 100% of students participating in the MATC Community Nutrition course have an 80% or greater
  - Classroom average 2014 84% vs. 2015 86% with Mobile Nutrition Classroom experience
- Excellence in Education
  - Service Learning is “Best Practice of Education”
- Enhanced Partnerships & Community Collaboration

# Fill in the Gaps

- Inherent health disparities that exist
- A unique opportunity for students to approach the issues with their nutrition expertise and cooking skills



# Format of Education Delivery

- Faculty determines community group
  - Community group provide
    - unique features of the population
    - produce specific to that area of the city
    - cultural diverse cuisine preferences
  - Students develop
    - lesson plans for nutrition education
    - provides grocery lists and recipes
- \*Mobile Nutrition Classroom Presentation\*



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ASSOCIATE DEGREE

Dietetic Technician

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CERTIFICATE

Dietary Manager

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# Farm to Can

## Low Acidity vs High Acidity

### Benefits

- Variety
- Shelf Stable
- Fun Project
- Your mind stays

When you don't know what to do with excess fruits and vegetables try something different. Try Canning!



### High Acidity



### Resources



### Concerns

- Time Consuming
- Confusing
- Recipes and Botulism

### Process



Make sure to venting jars and lids in boiling hot water!

MILWAUKEE AREA TECHNICAL COLLEGE

## MOBILE NUTRITION CLASSROOM:

Nutrition education is successfully growing in Milwaukee







# Community Collaboration

- 7 MATC Faculty and Administration
  - 52 MATC Students
  - 70 Community Members
- ❖ Since its inception February 2015. In just over 1 year, the project is having a far-reaching impact on community!

# Impact of Program

- Initial evaluation of student experience
  - “...a very valuable experience allowing me to get hands-on experience”
  - “I am grateful for the Mobile Nutrition Classroom experience as it allowed me to be in the community and work directly with community members.”\*
- Continued community evaluation
  - Community contacts look forward to our future presentations.\*

\*Results obtained from 2015 Mobile Nutrition Classroom experience.



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**Terri Green**  
**Executive Director**



# Pantry Specifics



- Open 4 days during the week and on Saturdays, on the bus line
- Proper identification and must be a resident of southern Winnebago county
- Grocery store setup empowering people to make their own food choices using a point system
- Register 2,000 households per month.
- Registered clients can shop once a month
- In 2015, the pantry released 1.1 million pounds of food into the community



# Pantry Programs



- Nutrition/Cooking classes
  - Healthy Bites
- Home delivery program
- **Food4Kids**
  - Kids Corner
  - Back Pack Program

# Why Focus on Kids?



- 2,844 active households, 63% led by women
- 3,858 household members, 67% are children
- Access to food with nutritional value, obesity rates soaring

# The Back Pack program will solve it...



- Supports an immediate need, no longer term strategy
- Age restrictions, so older children don't qualify
- Food amount limited by child size
- Program lasts 38 weeks according to school session
- Expensive

# PROGRAM OUTCOMES



- **Nutrition**
- **All children in the household**
- **Consistent access to food**
- **More food**
- **Education**

# Original Kids Corner





# PROGRAM OUTCOMES

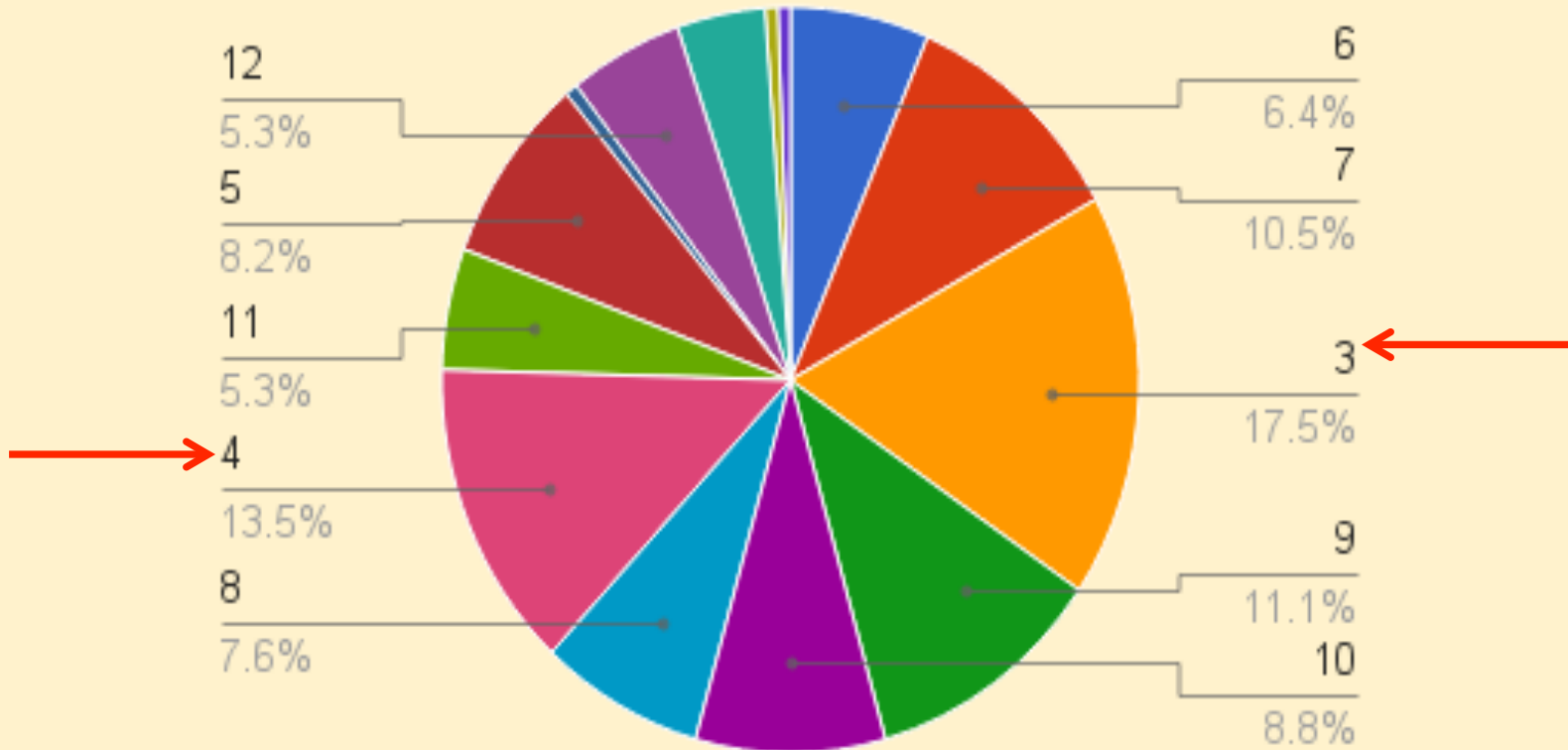


- **Healthy food options, single serving sizes, produce, dairy, flip tops whenever possible**
- **200 children per month**
- **2 – 3 pounds of food per child**
- **Education, child empowerment**
- **Encouraging parents to use the pantry if they weren't already**

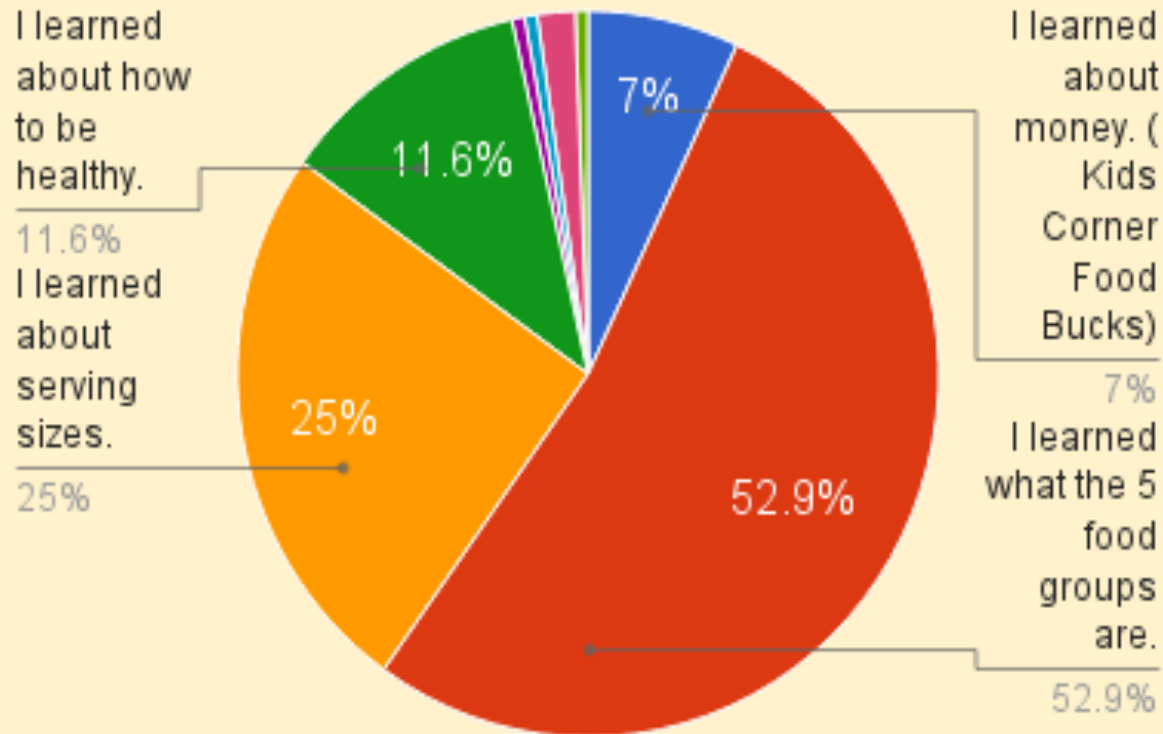
# Kids Corner Now



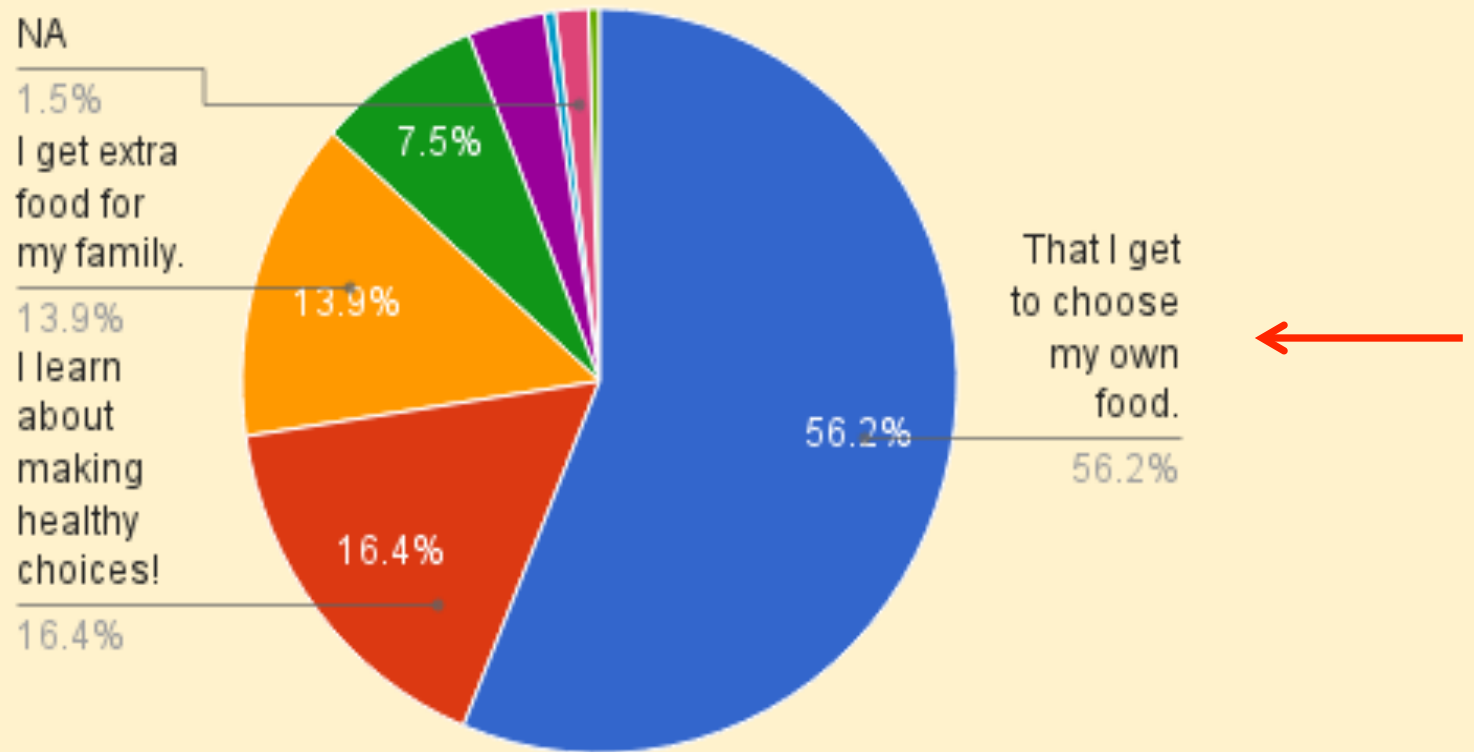
# How old are you?



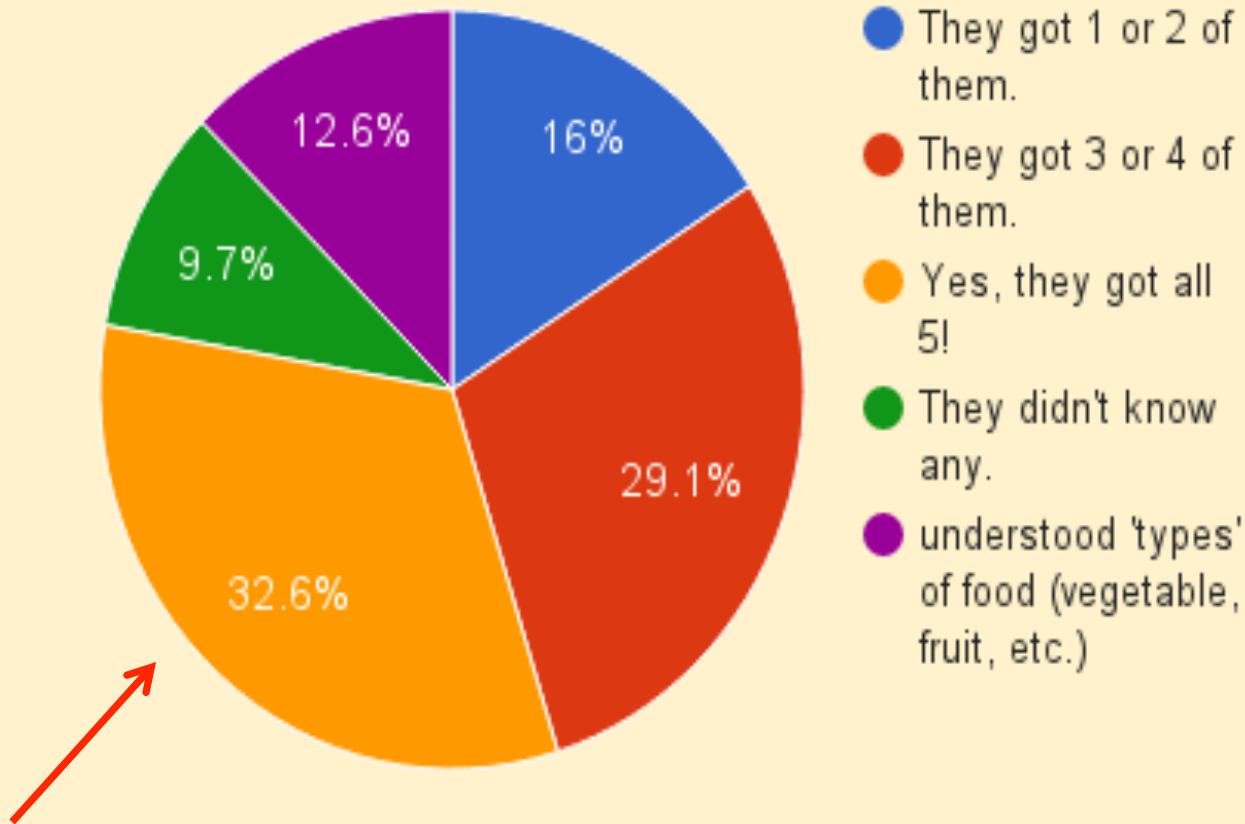
# What did you learn in the Kids Corner today?



# What do you like best about the Kids Corner?



# Did the child remember the 5 food groups?



# Unpredicted Outcomes



- Kids talking to parents about healthy food options
- Kids running shoppers over with their carts
- Parents and kids cooking together
- Kids crying when the Kids Corner is closed
- Parents teaching their children
- Kids eating food all over the pantry
- Pantry culture change

The Challenge



The Future

The Answer





# The Mission

Collect and distribute food

Address nutritional needs

Identify and evaluate broader needs

Outreach/connect to resources

Developing partners/community



# Contact Information

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