



How to Say “NO” and Get to “YES”

Moving Towards A Healthier Food Pantry

Introductions

Think, Pair, Share

❖ Find a partner.

*For 2 minutes discuss what each of you perceive are the :

Concerns
Fears
Obstacles

to saying “no” to *unhealthy* food donations at the pantry.

❖ A couple teams share with the group some of your thoughts



About One-On-Ones

How can I learn about another person's (the food pantry director, the food pantry board member's) self-interests?



Remember: What motivates people?

(Wanting to feel like they're making a difference beyond themselves in an area/with an issue they care about.)



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GOALS OF A ONE-ON-ONE

1. Establish a relationship
2. Understand the self-interest of the person you interview
3. Clarity
4. Information

“VIRTUES” NEEDED FOR A GOOD ONE-ON-ONE

1. Courage
2. Curiosity

“RULES” FOR A ONE-ON-ONE

1. 20-30 minutes
2. In person
3. No notes (at the time)
4. One-way conversation (about 80/20)
5. Is a time and place set apart (can be office, home, church, restaurant...)
6. Assumption of confidentiality if people share very personal concerns

TIPS FOR A ONE-ON-ONE

1. Ask open-ended questions (questions that elicit a story or an explanation, not a “yes” or “no” or another one-word answer)
2. Listen!! (Try not to worry about what you will say or ask next. If it takes you a second when they finish speaking, it is O.K.)
3. DO NOT judge or argue, and avoid giving advice!
4. Your first (and second, and third) priority is getting to know the person, their interests, passions, concerns, hopes.

SETTING UP A ONE-ON-ONE

1. Be clear about what you want, and why. (e.g. “We are making some decisions about what kinds of community issues we want to address, and we want to get input from as many people as we can. Could I talk to you for 25 minutes sometime?”)
2. If possible, give yourself “credentials” (e.g. name a mutual friend, or someone who suggested you talk with them)
3. Unless they have been part of a WISDOM training, DO NOT use jargon (don’t say, “I’d like to do a one-on-one with you to build a relationship and learn your self-interest”!!)

Food Mission

Why does it matter?

Getting Buy-In

Using one-on-ones

Key talking points

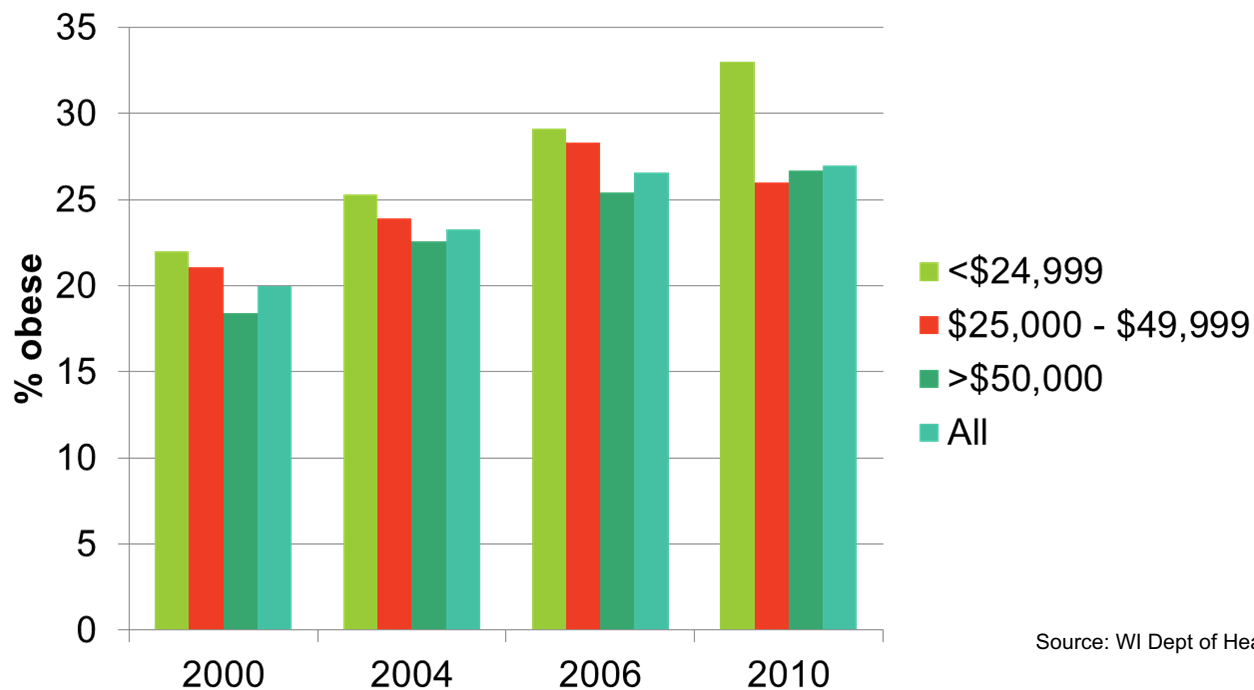
Why do we care?

**WHY ARE YOU HERE
AT THIS SUMMIT?**

Hungry or Nutrient Starved?

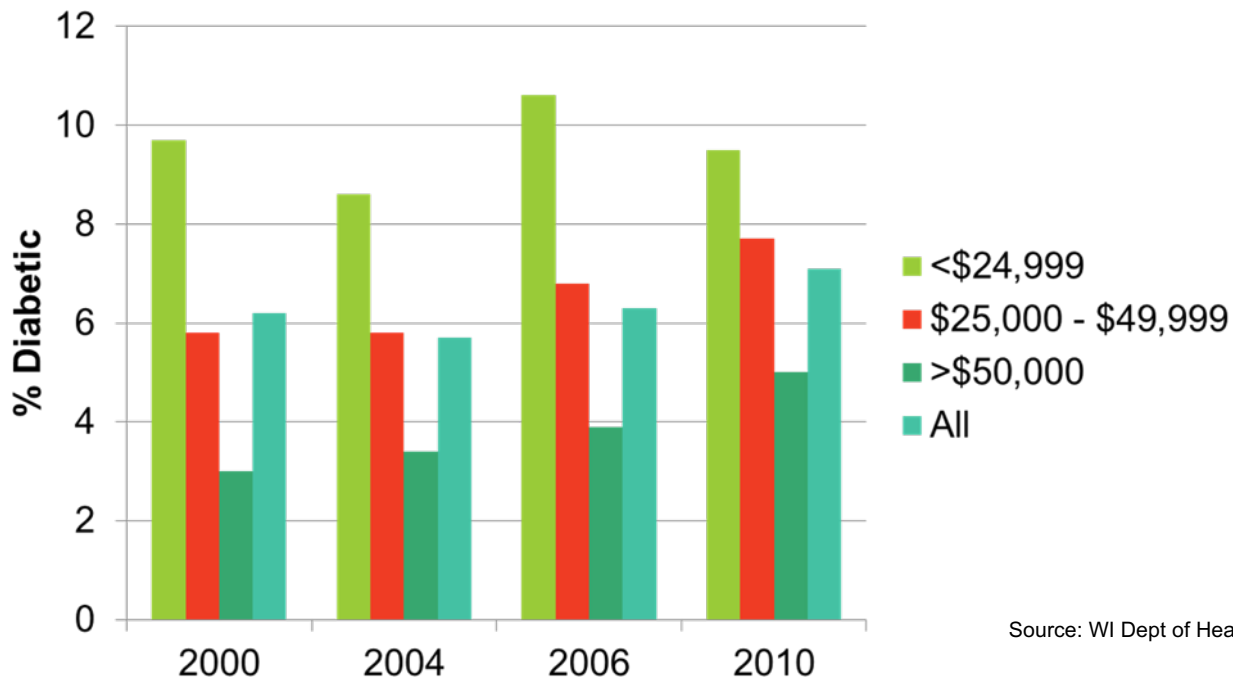
It is possible to eat lots of food and still starve the body of the nutrients it requires for real health and well-being. Your food pantry can help clients get the nutrition they need.

Health Disparities: Obesity rates have increased



Source: WI Dept of Health services, WISH BRFS Module

Health Disparities: Diabetes is on the rise



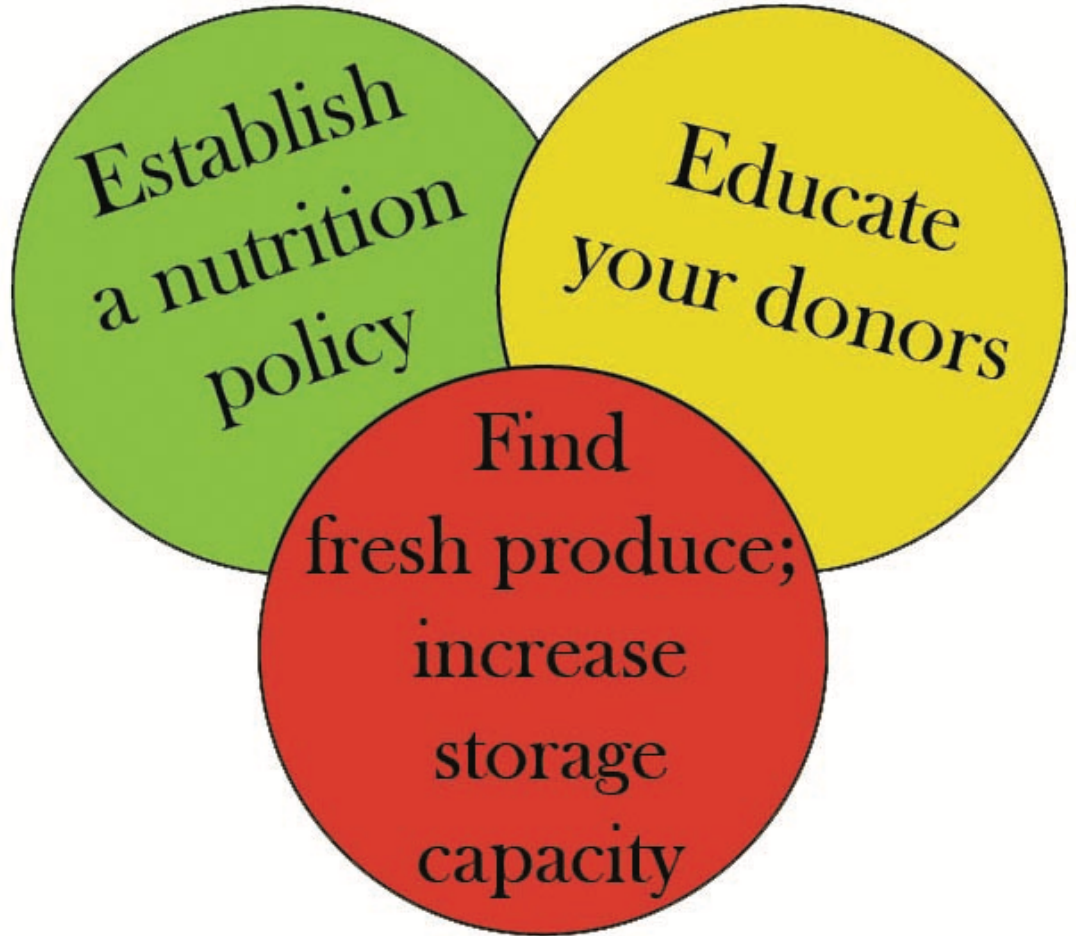
Source: WI Dept of Health services, WISH BRFS Module

FOOD PANTRIES CAN MAKE A DIFFERENCE

You are part of the solution.

Recent research has shown that the type of food a pantry provides for their neighbors is associated with blood sugar levels (a health marker for diabetes).

Three Components to Stocking a Healthy Food Pantry:



Establish a Nutrition Policy

CARITAS FOOD PANTRY

*Caritas is committed to supporting the health of our guests by prioritizing the distribution of recommended USDA's MyPlate foods and nutrients such as:

Fruits and Vegetables	Whole Grains	Low-fat or no-fat dairy and milk products
A variety of protein foods		Foods low in sodium

*We're limiting the distribution of foods with refined grains, solid fats, added sugars, and sodium.

*We seek to provide basic staples to support meal planning and preparation such as cooking oils, flour, sugar, etc.

*Caritas does not distribute: Sugar sweetened beverages (soda, fruit drinks, energy drinks), candy

*The number of food items provided is determined by your household size and should be sufficient to provide 3 days of meals (breakfast, lunch, and dinner). Quantities and availability may vary.

*Please let us know if you have any special dietary needs. We'll do our best to accommodate you!

From webpage: <http://caritasbeloit.org/food-pantry/>

Food Pantry Nutrition Policy Development

Why healthy food matters:



Hungry or Nutrient Starved?

It's possible to eat lots of food and still starve the body of the nutrients it requires for real health and well-being. Your food pantry can help clients get the nutrition they need.



Make a difference in the health of your neighbors



■ About 1 in 2 American adults have one or more chronic, preventable disease, including heart disease, high blood pressure, diabetes and cancer.



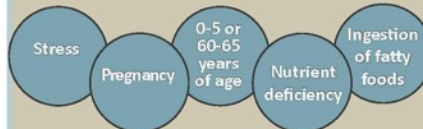
■ Two out of 3 low-income individuals are overweight or obese.



■ Two out of 3 Wisconsin households plan on charitable food assistance as part of their monthly food budget.

Why safe food matters:

Risk for foodborne illness is greater for some individuals, sharing some characteristics of food pantry patrons.



How does a nutrition policy help?

- ✓ Encouraging the selection of healthier foods that meet the American Dietary Guidelines enables the pantry to have a positive impact on the health of their pantry users.
- ✓ A nutrition policy equips the pantry with a tool that advances its food mission and assists in keeping the focus on nurturing people in healthy ways instead of just feeding them.
- ✓ Communication of a nutrition policy educates potential donors about the type of food the pantry will distribute.
- ✓ Citing a policy makes it easier for pantry staff and volunteers to refuse food that is either low in nutritional quality or a food safety hazard from well-intentioned donors.

UW
Extension

University of Wisconsin-Extension

To learn more about the
Safe & Healthy Food Pantries Project:

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608-363-6277

sheila.deforest@ces.uwex.edu

Educate Your Commercial Donors

Meet with donors
to build relationships.

Educate Your Commercial Donors

Provide donors
with a copy
of your nutrition policy.

Educate Your Commercial Donors

Provide donors with a list of critical and preferred foods; post on your website.

Educate Your Commercial Donors

If arranging a food drive with a local grocery store, provide the store with a list of preferred foods.

Educate Your Community Donors

Provide food drive organizers
with a copy
of your nutrition policy.

Educate Your *Community* Donors

Educate food drive organizers about how their donations can help the pantry's clients get better nutrition.


Educate Your *Community* Donors

Distribute press releases
to local media about
desired food donations.

Educate Your *Community* Donors

Invite civic groups, businesses to support “a healthy foods initiative” and publicize their names on your website.

Educate Your Donors with flyers or handouts




Are you wondering why the Riverwest Food Pantry requests specific items each week?

Nutritious food matters and families need healthy food to thrive!

Yet 79% of families that utilize pantries report buying groceries they know are unhealthy because their food dollars are limited.

We support the dignity of our shoppers by providing access to healthy foods. That is why we have embraced the MyPlate Food Model.



You Can Help By:

Donating the requested items of the week or by making selections from the Preferred Food Items below to enhance our available inventory. **or** Designating a monetary contribution to our Healthy Food Fund, which allows us to improve our inventory.

The Riverwest Food Pantry partners with two local food banks, Hunger Task Force and Feeding America, in an effort to offer more nutritious food than ever before to our community.

Riverwest Food Pantry Preferred Food Items:

FRUITS	VEGETABLES	GRAINS	PROTEIN	DAIRY	HEALTHY CONDIMENTS
NO-ADDED SUGAR CANNED FRUITS 100% JUICE DRINKS DRIED FRUITS	LOW-AND NO-SALT CANNED VEGETABLES TOMATO PRODUCTS SPAGHETTI SAUCE	WHOLE GRAIN PASTA BROWN RICE NO-SUGAR ADDED CEREAL WHOLE GRAIN FLOUR COUSCIOUS QUINOA	LOW-AND NO-SALT CANNED CHICKEN TUNA & SALMON DRIED BEANS VARIOUS NUTS CANNED BEANS PEANUT BUTTER	LOW FAT SHELF STABLE BOXED MILK OF ALL TYPES	OLIVE & CANOLA OIL DRIED HERBS SALT-FREE SEASONINGS LOW-SALT SALAD DRESSINGS

"We come together around food to relieve hunger, improve lives, and grow community well-being."

Come Volunteer!

Saturdays: St. Casimir
8:00 a.m. - 11:00 a.m.
924 E. Clarke St.
Milwaukee

Tuesdays: Gaenslen School
4:00 p.m. - 6:30 p.m.
1250 E. Burleigh St.
Milwaukee

Wednesdays and Fridays: St. Casimir
8:30 a.m. - 11:00 a.m.
924 E. Clarke St.

Phone Number: 414-301-1478 www.riverwestfoodpantry.org
Volunteer Information email: volunteer@riverwestfoodpantry.org

Donating Food? Remember the "Food Drive Five"



Step 1: Choose from the "Food Drive Five"



Protein Foods
Nuts, canned seafood & poultry



Fruit
Packed in juice, dried & sauced



Soups
With protein & vegetables



Whole-Grain
Pasta, cereal



Vegetables
Colorful, canned

Step 2: Choose lower sodium options

Step 3: Check expiration dates

As more families depend on pantries for a greater share of the food they eat, it is even more important that foods offered provide good nutrition.

Thank you for making a healthy difference for those in need!



Make your own or use suggestions from other sources including SHFPP toolkit

[http://www.waukeshacounty.gov/UWEX/WNEP/HealthOn Shelves/](http://www.waukeshacounty.gov/UWEX/WNEP/HealthOnShelves/)

Food Drive 5 : https://www.de-pere.org/egov/documents/1438882595_00233.pdf

Food Pantry Wish List: <https://extension.umaine.edu/publications/4304e/>

25 Best Foods to Donate: <http://www.mnn.com/food/healthy-eating/blogs/25-of-the-best-foods-for-food-donations>

Find Fresh Produce & Increase Storage Capacity



Work with local master gardeners—
contact your county UW-Extension office

To establish and maintain a
“Plant A Row For The Hungry” program.

Find Fresh Produce & Increase Storage Capacity

Work with your regional food bank,
TEFAP distributor and your
UW-Ext FoodWise or Family Living agent
to find grant opportunities for
fridge and freezer purchases.



Find Fresh Produce & Increase Storage Capacity

Partner with a local
farmers' market to gather
produce at the
end of a weekly market.

Find Fresh Produce & Increase Storage Capacity

Partner with a local farmer
and community groups
to gather unharvested
“seconds” from fields.

Find Fresh Produce & Increase Storage Capacity

Let CSAs farms and
drop-off sites know that your
pantry would accept unclaimed
weekly produce shares.

Find Fresh Produce & Increase Storage Capacity

Register your pantry at
ampleharvest.org to inform
local gardeners, farms of your
desire for more fresh produce.

Find Fresh Produce & Increase Storage Capacity

Farmers can help provide fresh
produce by visiting
harvesttoendhungerwi.org

Find Fresh Produce & Increase Storage Capacity

Contact local grocers
or food processing plants
about donating excess
quality produce.

Find Fresh Produce & Increase Storage Capacity

Contact your local
food bank to ask
about the availability
of fresh produce.

For more information...

The screenshot shows a web browser window displaying the website <https://fyi.uwex.edu/safehealthypantries/>. The page features a dark blue header with the title "Safe and Healthy Food Pantries Project" and the "UW Extension University of Wisconsin-Extension" logo. A navigation menu includes links for Home, About the Project, A Healthy Food Pantry, Food Safety in Your Pantry, Assessment, Develop Your Action Plan, and More Resources. Below the header, the main content area is divided into three columns. The left column features a photo of an elderly woman with watermelon and the text "Look out for our new guide coming out this summer!!". The middle column has a "SAFE & HEALTHY FOOD PANTRIES PROJECT" logo and text explaining the project's goal to improve food pantry quality and safety. The right column includes a photo of a man and child, a "SAFE AND HEALTHY FOOD PANTRY PROJECT LISTSERVE" section with an email listserve icon, and a "CONNECT WITH FAMILY LIVING PROGRAMS" section with Facebook and Pinterest social media links. A red "LEARN MORE" button is also visible.

Safe and Healthy Food Pantries Project
University of Wisconsin-Extension

Home About the Project » A Healthy Food Pantry » Food Safety in Your Pantry » Assessment Develop Your Action Plan More Resources »

Online Community

Look out for our new guide coming out this summer!!

SAFE & HEALTHY FOOD PANTRIES PROJECT

As more Wisconsinites turn to food pantries to meet their food needs, it is more important than ever that food pantries consider their role in supporting the health and well being of clients. The **Safe & Healthy Food Pantries Project** was developed to provide food pantries with guidance on how to improve the nutritional quality and safety of their food inventories. The **full project guide** offers food pantries with the opportunity to learn the latest research, assess their current practices, review strategies, and develop an action plan to improve the nutrition and safety of the foods they

SAFE AND HEALTHY FOOD PANTRY PROJECT LISTSERVE

Email Listserv

CONNECT WITH FAMILY LIVING PROGRAMS

Find us on Facebook

Pinterest

Give your food pantry a healthy boost. **LEARN MORE**

<http://fyi.uwex.edu/safehealthypantries/>