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
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*
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.

MILWAUKEE AREA Technical College
Transforming Lives, Industry & Community
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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
Our Mission

• Nutrition
• All children in the household
• Consistent access to food
• More food
• Education
Our Mission

• 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?

- 12: 6.4%
- 5: 7%
- 8.2: 10.5%
- 11: 3%
- 4: 17.5%
- 13.5: 9%
- 8: 11.1%
- 7.6: 10%
- 8.8%
What did you learn in the Kids Corner today?

- I learned about how to be healthy. 11.6%
- I learned about serving sizes. 25%
- I learned about money. (Kids Corner Food Bucks) 7%
- I learned what the 5 food groups are. 52.9%
What do you like best about the Kids Corner?

- NA: 1.5%
- I get extra food for my family: 13.9%
- I learn about making healthy choices: 16.4%
- That I get to choose my own food: 56.2%
Did the child remember the 5 food groups?

- 32.6%: They got 1 or 2 of them.
- 16%: They got 3 or 4 of them.
- 29.1%: Yes, they got all 5!
- 9.7%: They didn't know any.
- 12.6%: understood 'types' of food (vegetable, fruit, etc.)
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 Mission

- Collect and distribute food
- Address nutritional needs
- Identify and evaluate broader needs
- Outreach/connect to resources
- Developing partners/community
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