Healthy Pantry Initiative

Workshop: 
Foods to Encourage and Nudges

Mike Escobar
Programs Specialist
Food Bank of Northern Nevada
Healthy Pantry Initiative Goals

• Steer clients toward healthier food selections
• Educate clients regarding proper nutrition principles
• Provide clients access to and ideas for healthy recipes and food preparation
Foods to Encourage (F2E)

Food items that meet the USDA 2015 Dietary Guidelines for Americans, and reflect the MyPlate Model.
Healthy Pick Activity

Part I
Video:
Anatomy of a Grocery Store Purchase

HTTPS://WWW.YOUTUBE.COM/WATCH?V=ER2WHELTK6Q
Nudges Activity

Make a RAINBOW at the Salad Bar

RED
Lycopene and anthocyanins! The delicious variety of red fruits and veggies can prevent cancer and help keep you from getting sick.

YELLOW
Eat yellow for antioxidants and an abundance of Vitamin C. Eating yellow also helps to maintain healthy skin and strengthens bones and teeth.

ORANGE
Lots of antioxidants! Vitamin C and beta-carotene (vitamin A) galore. Fight all these colds and help stay your eyes.

GREEN
So many veggies are green! Lots to choose from and lots of nutrients in gain. Eat dark leafy greens for your heart and anti-oxidant rich zucchini for reducing your chance of getting cancer.

PURPLE
Purple colored fruits and veggies can help reduce your risk of getting a number of degenerative diseases.

BLUE
Blueberries! The magical fruit that helps improve your memory and aid in brain function.

Cinnamon Apple Crumb Pie

1 Cinnamon Apple pie filling (12 oz)
1 unbaked Pastry Shell (9 inches)
6 tsp granulated sugar
4 tsp. melted butter (divided)
1/2 c. chopped pecans (divided)

Floor pie filling into pastry shell. Sprinkle with cinnamon and dot with 1 tablespoon butter. Melt remaining butter. Place cookie crumb in a small bowl, stir in butter and course crumble then. Sprinkle over filling. Over edges of pastry border still fill.

Bake at 350 for 45 - 50 minutes or until crust is golden brown and filling is bubbly.

Cool on a wire rack for 2 hours.
The Power of Nudges:
Making Healthy Choices the Easy Choice

https://www.youtube.com/watch?v=aJmgN5wavNY&index=68&list=PLKWIHHyoS35gihjPY3fzQtfmfE4RfNTuw
Healthy Picks

**Align with MyPlate messaging:**

- Fruits and Vegetables
- Lean meats, eggs, nuts, and plant-based proteins
- Unsweetened milk/yogurt
- 100% whole grains
- Unflavored water
F2E = Healthy Picks

Healthy Pick cards were created to help identify nutritious options for pantry shoppers. Use Healthy Pick cards to push F2E
Using Healthy Pick Cards
Using Healthy Pick Cards

High in Protein
Using Healthy Pick Cards
Using Healthy Pick Cards
Using Healthy Pick Cards
Using Healthy Pick Cards

No added sugar
Rinse before eating to reduce sugar
Using Healthy Pick Cards
Using Healthy Pick Cards

No added sugar
Using Healthy Pick Cards

[Image of Barilla Whole Grain Rotini Pasta]

[Image of Healthy Pick logo]
Using Healthy Pick Cards

Barilla Whole Grain Rotini

100% whole grain

Healthy Pick

100% whole grain
Identifying Whole Grains

• **Ingredients list:** Look for “whole” or “100% whole” in front of wheat or other grain as the first ingredient.

• **Product name or description:** Look for “whole” or “100% whole”. For rice, look for “brown rice” or “wild rice”.

![Example ingredient label](image)
The ingredients are listed in descending order starting with the ingredient that there is the most of to the ingredient there is the least of.
Healthy Pick Activity

Part 2
Check-in and Waiting Areas
But we’re not client choice ...

- Can you transition?
- Client choice area
- “Menu” available before check-in
- Returns area
- Anything else?
Help! I’m not from Nevada ...
Your Role in the HPI

As an HPI partner, we ask you to ... 

• Prominently display nutrition education visuals and recipes you’ve been given 
• Conduct regular pantry walk-throughs/self-checks 
• Help educate volunteers/staff (force multipliers) 
• **Read your emails from me 😊** Communicate consistently with me and/or other FBNN staff with questions and requests 
• Participate in the RNECE assessments
Wellness

- Emotional: Coping effectively with life and creating satisfying relationships
- Physical: Recognizing the need for physical activity, diet, sleep, and nutrition
- Socio-cultural: Developing a sense of connection, belonging and a well-developed support system.
- Financial: Satisfaction with current and future financial situations.
- Environmental: Good health by occupying pleasant, stimulating environments that support well-being.
- Occupational: Personal satisfaction and enrichment derived from one’s work.
- Spiritual: Expanding our sense of purpose and meaning in life.
- Intellectual: Recognizing creative abilities and finding ways to expand knowledge and skills.
Questions?

Mike Escobar
mescobar@fbnn.org
(775) 331-3663 ext. 134