

Food Bank of Northern Nevada

Nutrition Security

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Overview

- Understanding nutrition security
- Why its important ?
- Food Security V.S. Nutrition Security
- Barriers to access
- Cultural considerations
- The role of food banks
- Empowering nutrition security through SWAP
- Q &A

Understanding Nutrition Security

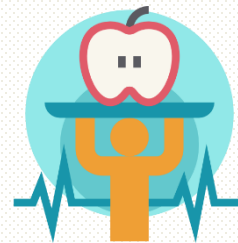
Nutrition security refers to the condition in which individuals and communities have access to a sufficient quantity and quality of nutritious food, along with the knowledge and resources to make healthy dietary choices, in a sustainable and culturally appropriate way.

Availability



Access

Utilization



Stability

Why Is Nutrition Security Important ?

Health and Well-being:

- Access to a variety of nutrient-rich foods helps prevent malnutrition, diet-related diseases (e.g., obesity, diabetes), and micronutrient deficiencies.

Cognitive and Physical Development:

- Adequate nutrition is crucial during childhood and adolescence for proper cognitive and physical development. It can impact a person's lifelong potential.

Economic Productivity:

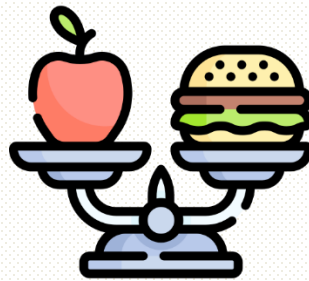
- Communities with good nutrition security are likely to have a more productive and healthy workforce, leading to increased economic development and reduced healthcare costs.

Community Resilience:

- Nutrition security contributes to community resilience in the face of challenges like economic downturns or disasters. Well-nourished individuals are better equipped to cope with stressors.

Food Security V.S. Nutrition Security

Food security is about having **enough food to eat**, while **nutrition security** is about having enough of the **right kinds of food** for a healthy diet.



Food security ensures people don't go hungry, while nutrition security makes sure they eat well and get the right nutrients for good health. So, nutrition security goes beyond just having food; it's about having the right kind of food.



Barriers to Access

Income Constraints



Transportation Issues



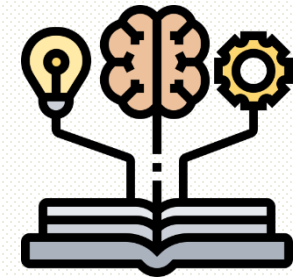
Geographic Barriers



Cultural and Dietary Preferences



Limited Knowledge



Barriers to Access

Food Marketing and Availability



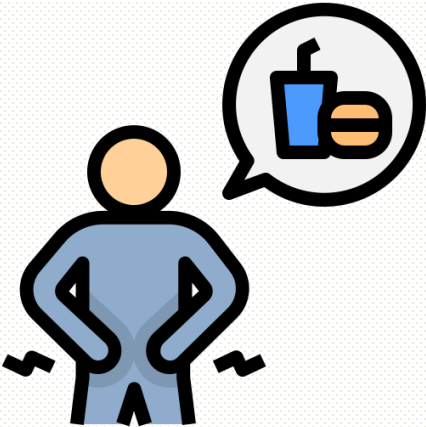
Food waste



Time Constraints



Food Insecurity



Limited Food Assistance



Cultural Considerations

The impact of culture on food preferences and dietary choices:

- Different cultures have unique cuisines, flavors, and ingredients they prefer due to their history, traditions, and beliefs.
 - These preferences can affect what people choose to eat and how they prepare their meals.
- Cultural dietary restrictions or preferences, such as vegetarianism or religious dietary laws, also play a significant role in shaping individuals' food choices.

Understanding and respecting these cultural influences is crucial for promoting healthy eating and ensuring that nutrition programs and food offerings are culturally sensitive and inclusive.



The Role of Food Banks

Food banks have traditionally focused on providing **any available food** to alleviate hunger, there is now a growing recognition of the **importance of the nutritional quality** of the food being distributed.

This involves **actively seeking** and **distributing** more **nutritious food options**, such as fresh produce, lean proteins, and whole grains, to ensure that our neighbors receive not just calories but also essential nutrients for their overall health and well-being.

For this reason, we are intentionally increasing requests for specific types of foods from donors, such as fresh produce and protein sources.

When food banks request and distribute nutritious foods, they send a message about the importance of healthy eating and provide opportunities for clients to learn how to incorporate these foods into their diets.



Empowering Nutrition Security Through SWAP Initiatives



The HER/SWAP stoplight system is a tool developed specifically for food banks to evaluate and categorize food items based on their nutritional value. It uses a color-coded approach, often using **red**, **yellow**, and **green** labels, to classify foods