#ILHungerSummit

2016 HUNGER SUMMIT

Wyndham Springfield City Centre
700 E. Adams St., Springfield, IL 62701
Tuesday, May 10, 2016

3:45 - 5:00 P.M.

WORKSHOP SESSIONS #2

BEST PRACTICES FOR COMMUNITY PROGRAMS:
"HEALTHY FOOD PREPARATION ON A BUDGET"

Illinois Room (Mezzanine)

Amy Funk, MSA
Snap-Ed Extension Educator,
University of Illinois Extension

Lilah Handler
Manager – Healthy Lifestyles Initiative,
Cooking Matters Project,
EverThrive Illinois

Jennifer Lamplough – Moderator
Director of Nutrition Programs, Executive Chef,
Northern Illinois Food Bank

Lolita Lopez
Director – Healthy Lifestyles Initiative,
EverThrive Illinois

UNIVERSITY OF ILLINOIS EXTENSION

investing in You

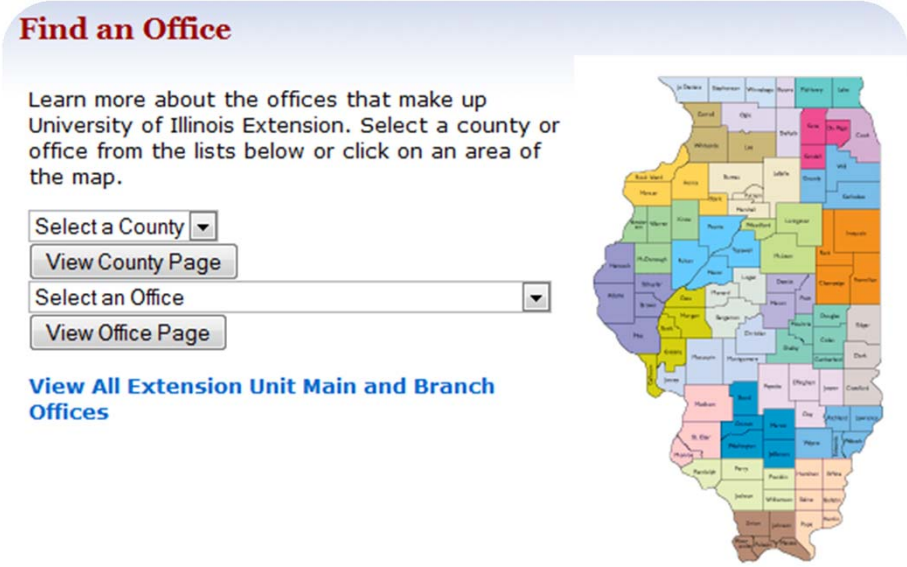
University of Illinois Extension

Illinois Nutrition Education Program (INEP)

Amy Funk, MSA
Snap-Ed Extension Educator

Phone: (618) 344-4230
Email: amyfunk@illinois.edu

Extension in your Community



- **4-H & Youth***
- **Horticulture***
- **Energy & Environment**
- **Agriculture**
- **Nutrition & Wellness**
- **Consumer Economics***
- **Community & Economic Development**
- **Family Life***
- ***Illinois Nutrition Education Program****

http://web.extension.illinois.edu/state/index.php

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EXTENSION

INEP Illinois Nutrition Education Programs

SNAP-Ed Mission Statement

INEP assists persons eligible for SNAP to make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans.

SNAP-Ed Intervention Focus Areas

Healthy Messaging

make health HAPPEN!

Make a Healthy Choice!

Canned Vegetables

Choose low-sodium or rinse before serving.

This material was funded by the USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider. University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating

Healthy Messaging

Healthy Recipe Cards

Interactive Displays

"Walk-by" Programs

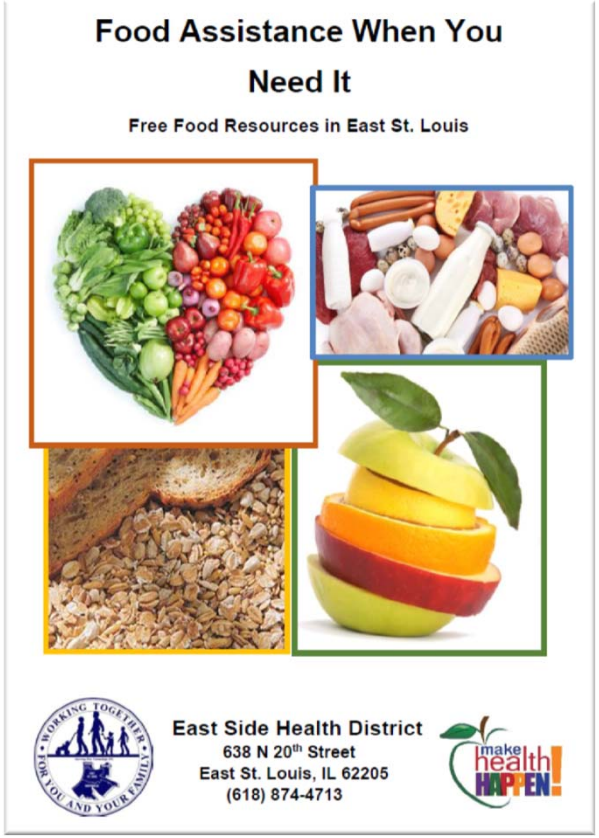
Food Demos

Kids in the Kitchen

Summer nutrition & cooking education for ages 6-15

Youth and teens learn basic food preparation and food safety skills while having fun!

Food Pantry Pocket Guide



Looking forward to working with you!

Amy Funk, MSA
Snap-Ed Extension Educator

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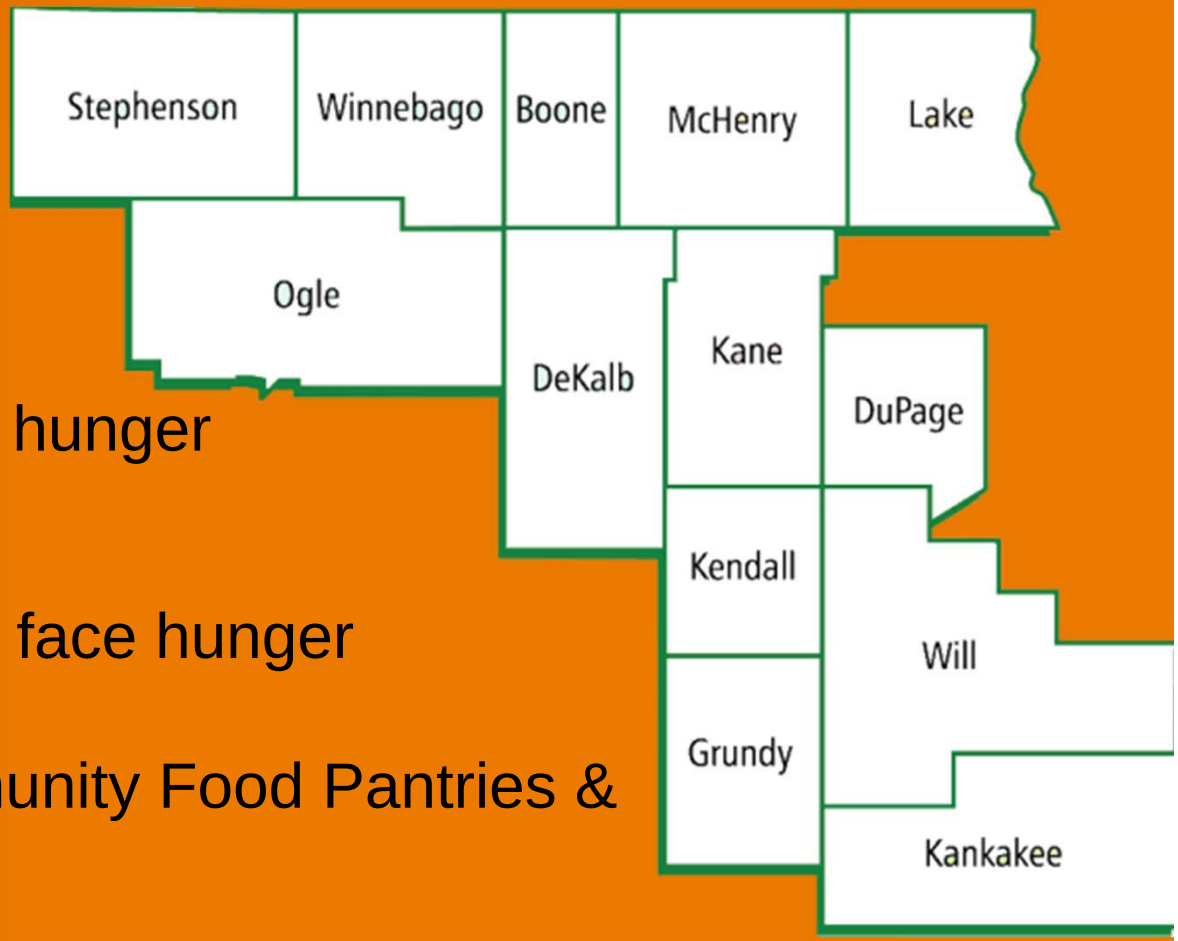
Northern Illinois Food Bank

Northern Illinois Hunger Needs



- 1 in 7 people at risk of hunger
- Over 195,000 children face hunger
- Network of 800 Community Food Pantries & Feeding Programs
- Help serve over 71,000 people weekly

Northern Illinois Food Bank

Nutrition Programs

- **We work to provide healthy, nutritious food**
  - **77% of households** report purchasing inexpensive, unhealthy food
  - **1 in 4 households have at least 1 member with diabetes**
- Partner with **Prairie Farms Cooperative** on Milk2My Plate program.
- After School and Summer Meal Programs (**CACFP; SFSP**)
- **BackPack** Program
- **Senior Box** Program
- **Mobile Pantries**
- **School-Based Food Pantries**

Northern Illinois Food Bank

Child Nutrition Programs

36 percent of those served are children

After-School, Summer Meal & BackPack programs provided 2 million meals

Northern Illinois Food Bank

Nutrition Education Programs

- **After School and Summer Meal Program – Hands on Nutrition Education for Kids**
- **Nudges Training for Food Pantries**
- **Diabetes Prevention Program for Food Pantries**

EverThriveIllinois
Champions for Healthy Communities

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Cooking Matters Illinois

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Linking Access to Food with the Skills Needed to Make Healthy Meals

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How it works

Volunteers

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Host Agency

Cooking Matters Courses

12 hours of hands-on instruction & learning

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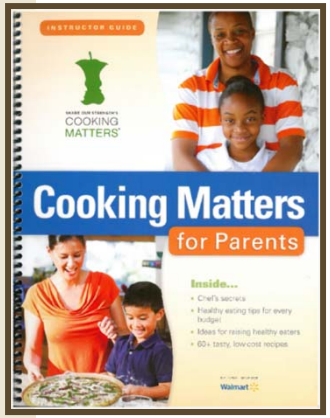
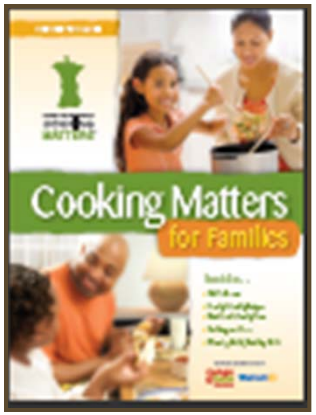
The Curricula



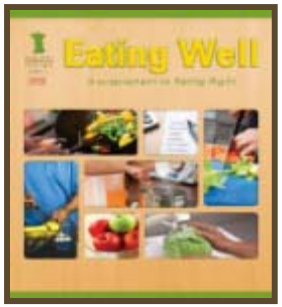
Parents*



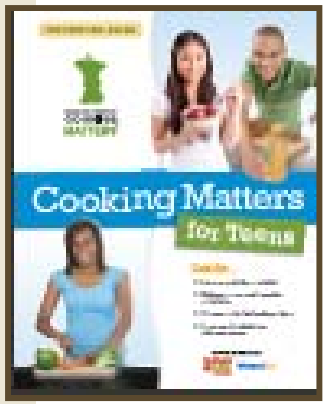
Families*

Adults*

EXTRA for Diabetes

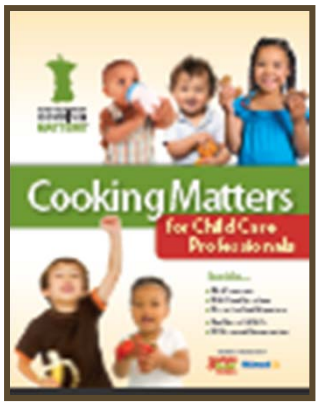


EXTRA for Wellness



Teens

Kids,
3rd – 5th grade



Child Care Professionals

** Available in both English and Spanish*

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Cooking Matters: *Participants*

Participation in Nutrition Assistance Programs

59% of participants receive at least one form of assistance

- **WIC** — 17%
- **SNAP (Food Stamps)** — 38%
- **Free/ Reduced-Price School Breakfast** — 24%
- **Head Start** — 9%
- **Food Pantry or Commodities** — 12%
- **Free/Reduced-Priced School Lunch** — 30%

Average Household Size: 2.83

Average Number of Children: 086

Adults with Children in the Home: 43%

Participant Race/Ethnicity

- White 36%
- African American 46%
- Latino 46%
- Asian 1%
- Pacific Islander 0%
- Native American 2%
- Other 18%

*Respondents could select more than one response to each question, so percentages will not sum to 100%.

Food Skills in Demand

"WE COOK HEALTHY MEALS ON A DAILY BASIS. I JUST WISH IT WAS CHEAPER." - Survey Respondent

OF LOW-INCOME PARENTS SAY THAT
EATING HEALTHY MEALS
IS IMPORTANT TO THEIR FAMILIES

www.CookingMatters.org/ItsDinnertime

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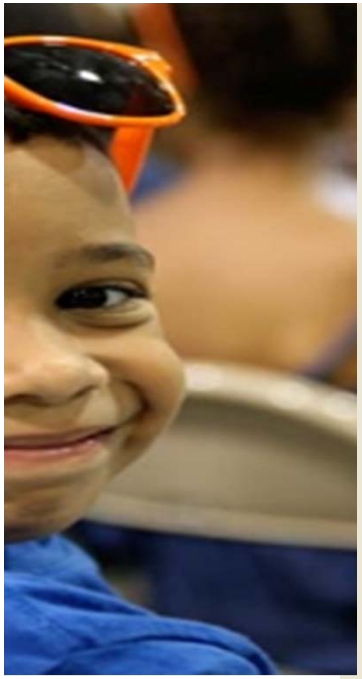
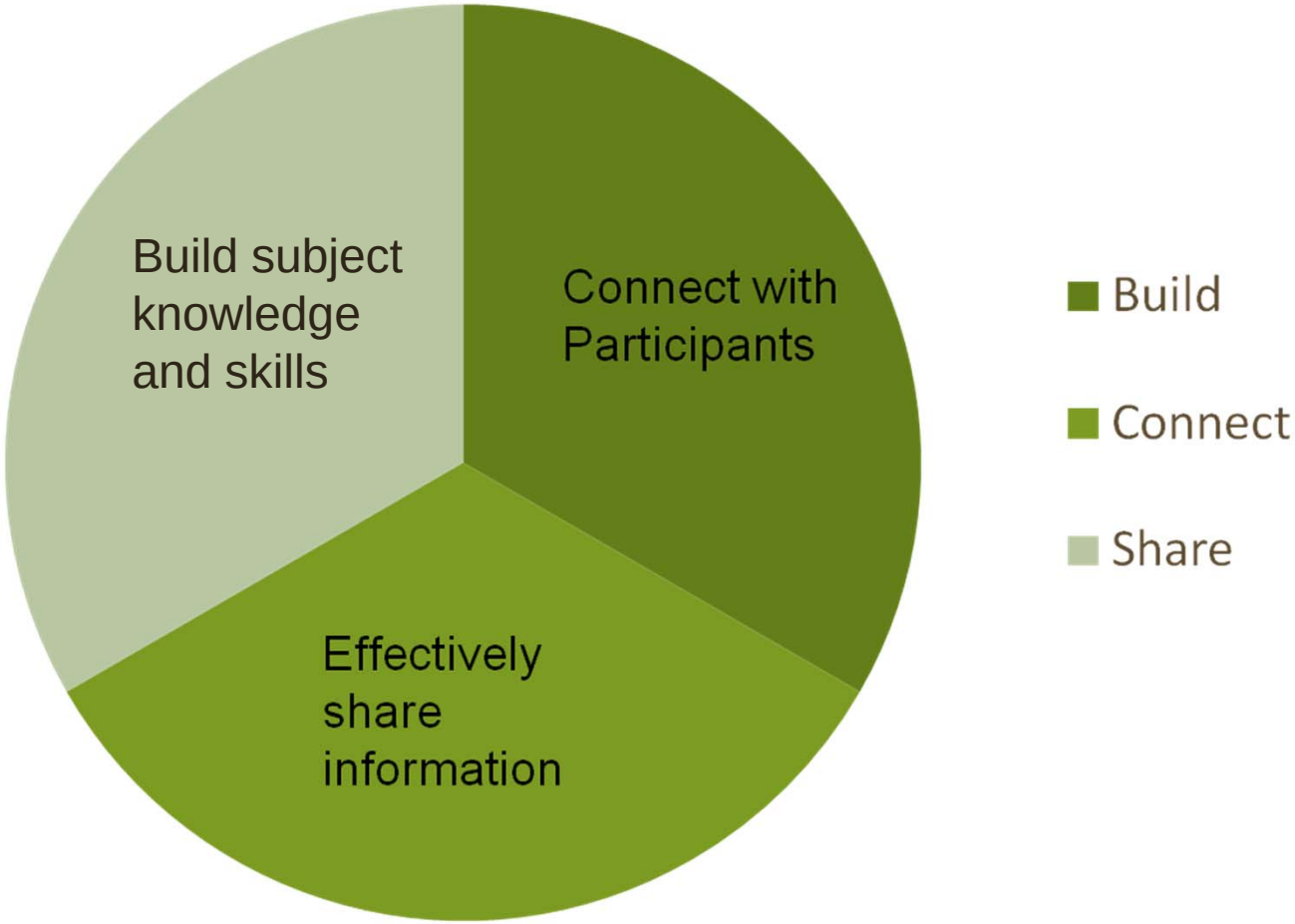


Components of successful CM Instruction



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Typical Class Format

- Nutrition (30-45 mins)
- Hands-on Activity (10-15 mins)
- Cooking (50-60mins)
- Eat together (5-10 mins)

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Nutrition Weeks 1-6

1 - Healthy Cooking Basics

2 - Fruits, Vegetables, and Whole Grains

3 - Cooking Lean and Low-Fat

4 - Breakfast and Meal Planning

5 - Shopping Smart - $10 challenge

6 - Recipe for Success

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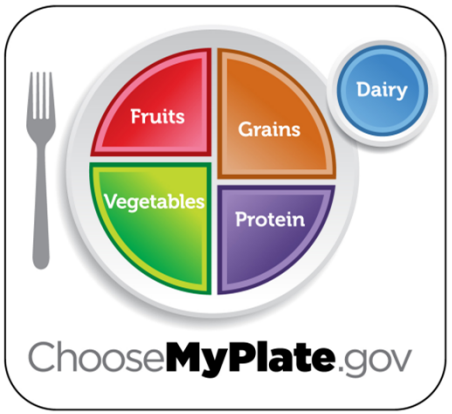

Cooking Together

- Kitchen Safety
  - —Hand washing & knife skills
- Ingredients based on lesson
- Secrets of being a chef
- Making it their own

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Contact

- Lilah Handler
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