



2023 Agency Partner Conference

**BVFB Nutrition Education Team Services &
Cooking Demonstration Session**

Good morning/afternoon, ladies and gentlemen. My name is Kathryn, and I'm the Nutrition Education Coordinator at the Brazos Valley Food Bank.

Thank you all for being here today. I'm excited to share with you some valuable insights on enhancing nutrition education at your food pantries.

Agenda

01

Importance of
Nutrition
Education at
Food Pantries

02

Define Cooking
Demonstrations
and their
Purpose.

03

Discuss the Role
of Recipe Cards
in reinforcing
Nutrition
Education

04

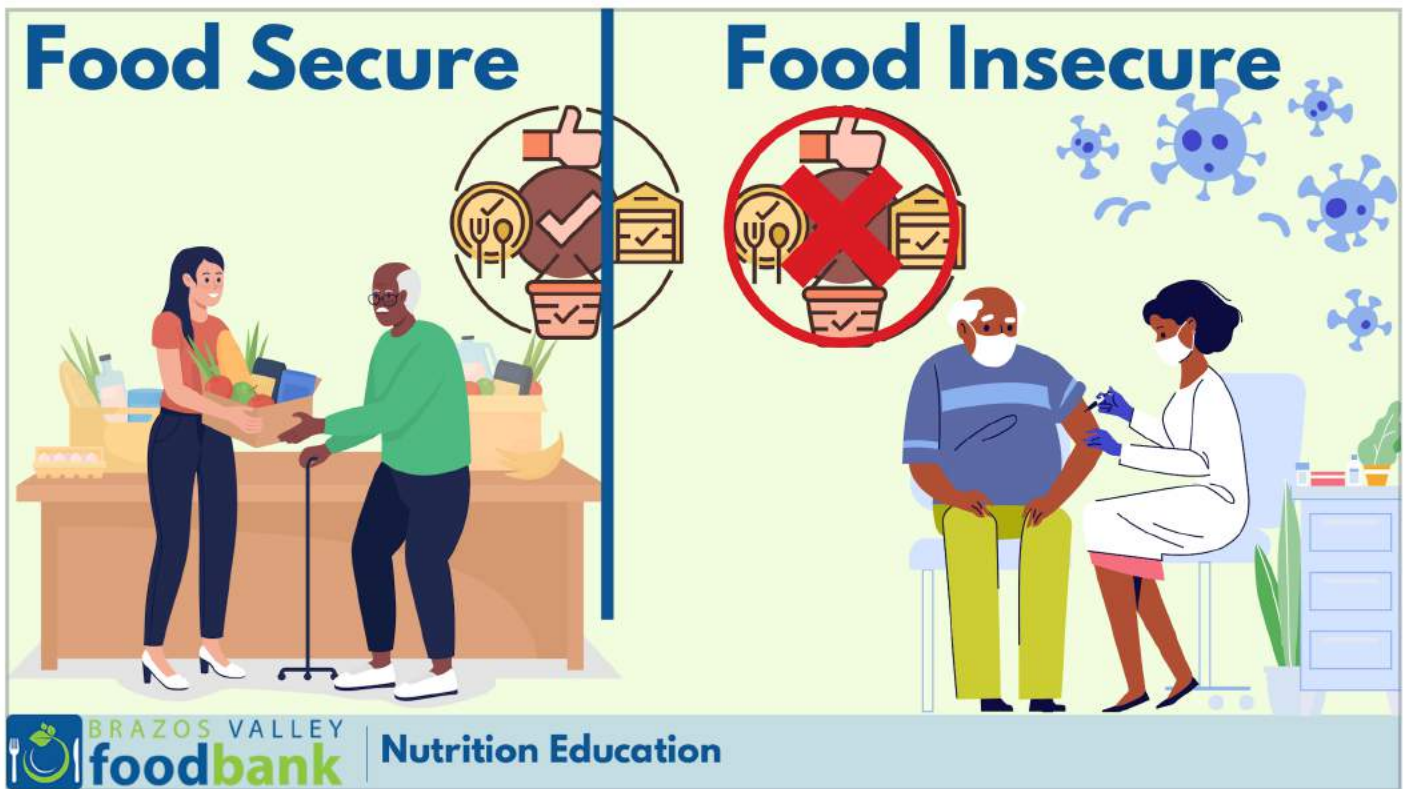
Discuss the
concept of
Food Bundles



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Nutrition Education

During the next 30 minutes, we'll discuss the importance of nutrition education, explore effective strategies such as cooking demos and recipe cards, and introduce the concept of food bundles.



Let's begin by understanding the importance of nutrition education at our food pantries.

As we know, food insecurity is a pressing issue affecting many individuals and families in our community. It not only impacts access to food but also has significant implications for health outcomes.

Food insecurity and the lack of access to affordable nutritious food are associated with increased risk for multiple chronic health conditions such as diabetes, heart disease, mental health disorders, and other chronic diseases.

Furthermore, the impact of food insecurity extends to children, posing significant implications for their human development and school experience.

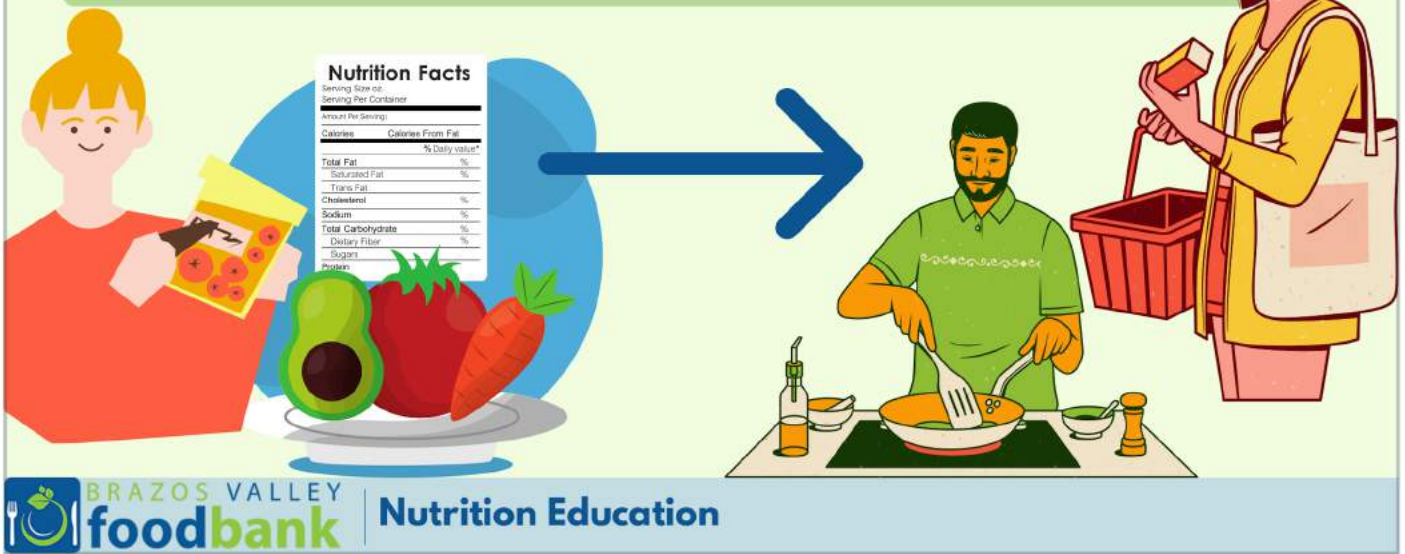
Nutrition Education

By providing nutrition education, we have the opportunity to address these issues and promote better health.



Nutrition Education

Nutrition education empowers pantry visitors to make informed food choices, encouraging them to select nutritious options and develop healthy eating habits.



It's not just about providing food; it's about offering knowledge and support that can have long-term positive effects.

Cooking Demonstrations

One effective strategy to enhance nutrition education is to utilize the **BVFB Nutrition Team's cooking demonstrations.**



- Provide a visual appeal and practical learning opportunities for pantry visitors.
- Allow individuals to see how nutritious meals can be prepared using the ingredients available at the pantry.

Common Misconceptions about hosting a Nutrition Class and/or Cooking Demo at Food Pantries



- You need a large space to conduct a cooking demo.
- You need a kitchen to conduct a cooking demo.
- A cooking class will take too much time and preparation.



Nutrition Education

Common Misconception:

You need a large space/kitchen to conduct a cooking demo.

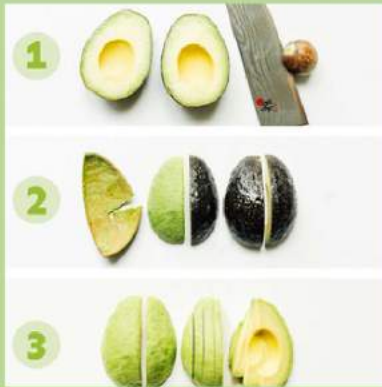
Portable cooking equipment: The Nutrition Team has their own supplies of hot plates, air fryer, slow cooker, etc which allows us to demonstrate cooking techniques in limited spaces. We also can provide a table for demonstrations.

No Power Outlets, No Problem: A well-organized tabletop demonstration is effective in teaching cooking techniques and sharing recipes. Emphasizing the use of basic kitchen tools and skills, along with pre-prepared ingredients, enables the team to demonstrate realistic meal preparation.



The nutrition team can effectively work around the absence of a kitchen or a large space for cooking demonstrations by adapting to the available resources.

Small Space without Power



In a small space without power, we can provide basic cooking skills, discuss how to make recipes work for you, and discuss proper storage and safety.

Bean Salad

Small Space with Power



Example using a hotplate: Stir Fry

Common Misconception:

A cooking class will take too much time and preparation.

Class Time: Our class is about 30–45 minutes and includes a nutrition education lesson and a cooking demonstration with food samples.

Setup/Preparation: All that is required of the food pantry is an estimated headcount of attendees, scheduling a class time with the team, and providing information of the resources available (power outlet, table, etc). The Nutrition Education Team will do the rest! This includes setup and cleanup.



We schedule the class for an hour to include setup and clean up.

Cooking Demonstration Insights

- **We select simple and nutritious recipes for cooking demos.**
 - By selecting recipes that are easy to follow and replicate at home, we enable pantry visitors to effectively apply the knowledge gained during the demos to their daily lives.
- **We encourage feedback from visitors.**
 - By actively seeking input from pantry visitors, we can gather valuable insights and make ongoing improvements to ensure their needs and preferences are met.



Recipe Cards

Another effective strategy to enhance nutrition education is to utilize the **BVFB Nutrition Team's Recipe cards.**

- Serve as complementary resources that reinforce the lessons learned during cooking demonstration
- Standalone educational resources, independent of cooking demonstrations.



Another service we provide are recipe cards.

Recipe cards are a versatile and effective tool for nutrition education.

By providing pantry visitors with recipe cards, we offer them a valuable tool for learning and applying healthy cooking practices.

These cards empower individuals to explore and experiment with nutritious recipes at their own pace, fostering independent learning and a sense of empowerment in the kitchen.

How We Design Recipe Cards



When designing recipe cards, we strive to make them **visually appealing** and **user-friendly**.

Our Nutrition Education Team works to provide variations to accommodate diverse dietary needs and preferences.

We have worked with food pantries to identify their client's dietary needs and cultural preferences and have created recipe cards based on the result of the assessment.

Our goal is to make the recipe cards **accessible** and **easy to use** for everyone.



Look to BVFB Nutrition Education Team for expertise and support for recipe cards creation/printing, etc.

How We Design Recipe Cards

When designing recipe cards, we include **F2E**, which stands for '**Foods to Encourage**.' These are the foods that we want to encourage people to consume more of for a healthier diet.

- fresh/frozen fruits and vegetables
- low sodium canned vegetables
- canned fruits in light syrup or 100% juice
- 100% whole grains
- Protein Foods: such as lean meats, beans, eggs, nuts/seeds
- Low Fat Dairy Products



We can also include subtle nutrition education that influences customers to choose the healthier option.

This could be through tips, facts, or highlighting the health benefits of certain ingredients.

Example Recipe Card

INGREDIENTS

- 1 lb. carrots, peeled
- 2 tsp. olive oil
- 1/2 tsp. garlic seasoning
- 1 tbsp low-fat parmesan cheese, optional

PROCEDURE

- Cut carrots into 1/4 inch wide fries.
- Mix carrot fries, cheese, oil, and garlic seasoning in large bowl.
- Add the fries to Air Fryer and cook on the highest temperature (425F) for 10 minutes. Remove basket and give a quick shake.
- Cook an additional 5-10 minutes, or until crispy and tender on the inside.

carrot fries

4 SERVINGS 25 MIN



Adapted from: thecreativebite.com



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Our Recipe cards include:

- clear instructions
- ingredient lists
- serving size
- time it takes to prepare recipe
- source/adapted from, optional
- nutrition facts, optional

We also offer translated versions to help us cater to the needs of our diverse community. (Spanish)

Distributing Recipe Cards

Distributing recipe cards at food pantries ensures that pantry visitors have the necessary resources to prepare nutritious meals at home.

Client-Choice Pantries: Place these recipe cards near the food distribution area.

Non-Client Choice Pantries: Place recipes in food boxes.

The goal is to make it easier for people to access and utilize the recipe cards.

If you have items in your pantry that you need to move off the shelves, contact the Nutrition Team to have us feature them in a recipe card.



Nutrition Education

Consider Client Choice

Benefits: Nutritional Adequacy and Personalized Diet

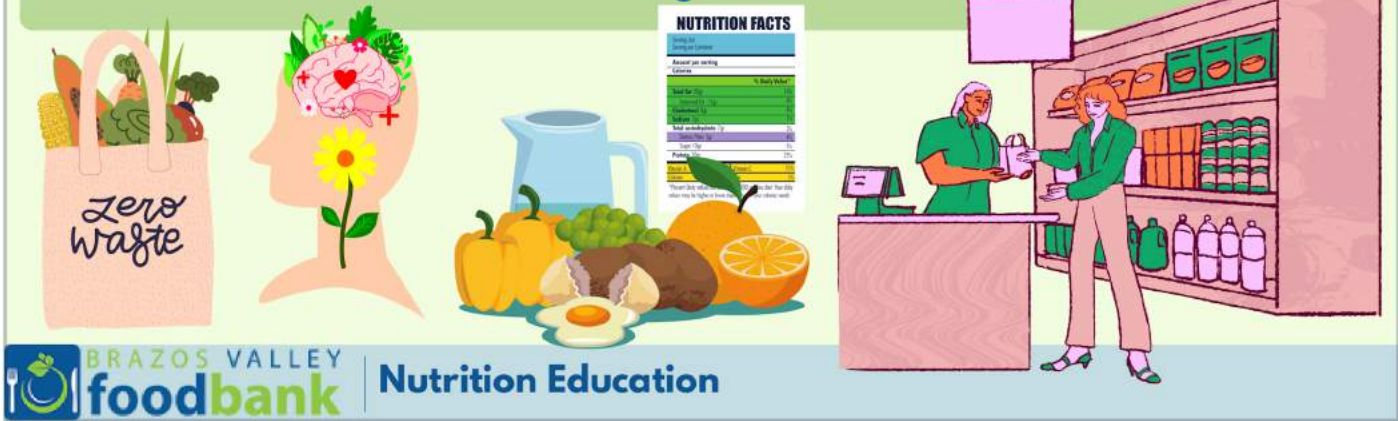
- Allows individuals to select items that align with their nutritional needs.
- Enables clients to choose items that accommodate dietary restrictions, allergies, cultural preferences, and health conditions.
- Enables clients to select foods that they are familiar with and enjoy.
- Promotes a sense of autonomy and ensures that individuals can maintain their cultural and culinary traditions, leading to improved overall satisfaction and well-being.



If able, utilize client choice in your pantry.

Consider Client Choice

Other benefits: Reduced Food Waste, Education and Support, Dignity and Empowerment, Mental and Emotional Well-being.



Other benefits of client choice include:

Food Bundles

Food bundles are carefully designed packages that provide balanced and nutritious options to pantry visitors.

Food bundles allow food pantries to go beyond distributing food to offer a variety of food groups that promote healthy eating habits.

Food bundles can be paired with recipe cards to create simple, nutritious meals.



Food bundles can be paired with recipes cards to create simple, nutritious meals.

Once again, if you have specific items in your pantry that you need to move, consider featuring them in a food bundle.

Build-A-Bundle

The Nutrition Team considers the following when building Food Bundles:

- **Balance**

- We include different food groups ensures that pantry visitors have access to a wide range of nutrients.
- Utilize MyPlate (myplate.gov)

- **Diversity**

- We explore options for culturally diverse food bundles to accommodate varying dietary needs and preferences.

Look to **BVFB Nutrition Education Team** for expertise and support for building food bundles.



crockpot taco soup

TIME: 4-6 HOURS SERVINGS: 8

INGREDIENTS

- 1 small yellow onion, diced
- 1 jalapeno pepper, diced, optional
- 2 cloves of garlic, minced
- 3-15oz cans of bean (black, pinto, or red)
- 1-15oz can of corn, low sodium
- 2 -15oz cans of diced tomatoes
- 2-3 Tbsp taco seasoning
- 1/2 packet of ranch seasoning
- Salt & black pepper to taste
- Fresh cilantro, chopped (optional)



FOOD BUNDLE CONTENTS

- 1 small yellow onion
- 2 cloves of garlic
- 3-15oz cans of beans (black, pinto, or red)
- 1-15oz can of corn, low sodium
- 2 -15oz cans of diced tomatoes
- if available:
 - 2-3 Tbsp taco seasoning
 - 1/2 packet of ranch seasoning



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Here is a food bundle and recipe card example we provided.

crockpot taco soup

PROCEDURE

1. Add all ingredients except for cilantro to crockpot and cook on low for 6 hours or high for 4 hours.
2. Sprinkle with freshly chopped cilantro for more flavor!

If you want to use lean ground beef or turkey, follow the following instructions:

- Use two 15 oz cans of beans instead of three.
- Pre-heat a large sauce pan over medium high heat and add ground beef. Break the meat into smaller pieces & let it brown for a few minutes. Repeat until beef is cooked & transfer it to a large plate lined with paper towels to remove excess fat. Add to crockpot with other ingredients (see step 1 above).

NOTE

If visitors do not have a crockpot, this recipe can easily be made on the stovetop.

Furthermore, this recipe offers a meat or meatless option to consider dietary preference.



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We also included an option for meat/no meat based on the pantry's vegetarian population.

Food Bundle Example #1

Rice and Beans Bundle:

- White or brown rice
- Canned beans (black beans, kidney beans, chickpeas)
- Tomato sauce
- Onion powder, garlic powder, and cumin

Rice and Beans Burritos: Cook the rice and beans separately, then mix them together with tomato sauce and spices. Serve in tortillas with optional toppings like cheese, salsa, and sour cream.



Brown rice - more fiber

Canned beans - protein and fiber

Food Bundle Example #2



Pasta Meal Bundle:

- Pasta (spaghetti, macaroni, or any other variety)
- Canned pasta sauce or tomato sauce
- Canned vegetables (corn, peas, mixed vegetables)
- Italian seasoning or dried herbs

Simple Pasta Primavera: Cook the pasta according to package instructions. In a separate pan, heat the pasta sauce and add canned vegetables. Season with herbs and mix with the cooked pasta.



Nutrition Education

whole wheat pasta - more fiber

Other Food Bundle Examples

Oatmeal Breakfast Bundle:

- Rolled oats
- Dried fruits (raisins, cranberries, apricots)
- Nuts or seeds (walnuts, almonds, sunflower seeds)
- Cinnamon or nutmeg

Peanut Butter and Jelly Bundle:

- Peanut butter (or any other nut butter)
- Jelly or jam
- Bread or crackers

Soup Kit Bundle:

- Canned soup (chicken noodle, vegetable, tomato)
- Canned vegetables (carrots, peas, green beans)
- Chicken or vegetable broth
- Salt, pepper, and dried herbs

Tuna Salad Kit Bundle:

- Canned tuna (in water)
- Mayonnaise or Greek yogurt
- Mustard
- Canned or pickled vegetables
- Crackers or bread



Nutrition Education

Conclusion

01

Importance of
Nutrition
Education at
Food Pantries

02

Cooking
Demonstrations

03

Recipe Cards in
reinforcing
Nutrition
Education

04

Food Bundles

In conclusion, nutrition education plays a vital role in addressing food insecurity and promoting health at our food pantries.

By incorporating strategies such as:

- cooking demos
- recipe cards
- food bundles

...we empower individuals and families to make informed choices and develop lifelong healthy habits.

Questions?

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Cooking Demo

Cowboy Caviar

INGREDIENTS

20 MINUTES 12 SERVINGS

- 3 Roma tomatoes seeds removed, diced
- 1 ripe avocados diced
- ½ cup red onion diced
- 15 oz can black beans, rinsed, drained
- 15 oz can black eyed peas, rinsed, drained
- 15 oz can sweet corn, drained
- 1 bell pepper, diced
- 1 jalapeno, diced, optional
- ⅓ cup Cilantro finely chopped, optional
- ⅓ cup olive oil
- 2 tablespoons lime juice
- 2 tablespoons red wine vinegar
- 1 teaspoon sugar
- ¼ teaspoon garlic powder
- salt and pepper, to taste



Adapted from: spendwithpennies.com
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Cooking Demo

PROCEDURE

Cowboy Caviar

1. Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, jalapeno pepper, and cilantro in a large bowl. Toss/stir well so that ingredients are well-combined.
2. In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder.
3. Pour dressing over other ingredients and stir/toss very well.



While demoing, discuss versatility of this salsa, explaining that it can be used as a dip with unsalted tortilla chips, used as a topping for tacos or quesadillas, or even as a side salad.

Share tips on ingredients substitutions, such as adding different types of beans or adding more diced tomatoes for extra freshness.

You could also use frozen corn.

Discuss prepping ingredients before, if you are limited on time.

Other Cooking Demo Examples

Spicy Chickpea Salad Wraps:

- 1 can (15 ounces) chickpeas, drained and rinsed
- 1 small red onion, finely chopped
- 1 small cucumber, diced
- 1 small tomato, diced
- 1/4 cup chopped fresh cilantro
- Juice of 1 lime
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- Salt and pepper to taste
- Whole wheat tortillas or lettuce leaves for wrapping

Caprese Pasta Salad:

- 8 ounces pasta (penne, fusilli, or any preferred shape)
- 1 cup cherry tomatoes, halved
- 8 ounces fresh mozzarella cheese, cubed
- 1/4 cup fresh basil leaves, torn into pieces
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste

Greek Yogurt Fruit Parfait:

- 1 cup Greek yogurt (plain or flavored)
- 1 cup mixed fruits
- 1/4 cup granola or crushed nuts
- Honey or maple syrup (optional, for drizzling)



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Other Cooking Demo Examples

Vegetable Stir-Fry with Soy Ginger Sauce:

- 2 cups mixed vegetables (such as bell peppers, broccoli florets, snap peas, carrots, and mushrooms), sliced or chopped
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil/vegetable oil
- 1 tablespoon grated ginger
- 2 cloves garlic, minced
- 1 tablespoon cornstarch (optional)
- 1/4 cup water
- Salt and pepper to taste
- Cooked rice or noodles for serving

Instructions:

1. In a small bowl, whisk together soy sauce, sesame oil, grated ginger, minced garlic, cornstarch, water, salt, and pepper to make the sauce. Set aside.
2. Heat a large skillet or wok over medium-high heat.
3. Add a splash of oil to the pan and swirl it around to coat the surface.
4. Add the mixed vegetables to the hot pan and stir-fry for about 5-7 minutes until they are crisp-tender.
5. Pour the sauce over the vegetables and toss to coat evenly.
6. Continue stir-frying for another 2-3 minutes until the sauce thickens slightly and coats the vegetables.
7. Taste and adjust the seasoning if needed.
8. Remove from heat and serve the stir-fried vegetables on their own or over cooked rice or noodles, if desired.



Nutrition Education