

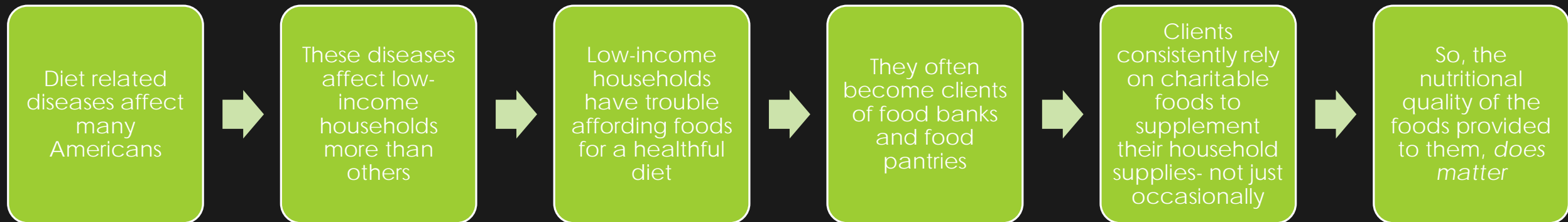
Healthy Food Environments Project

Decreasing sodium in the food banks

CDC Grant Overview

Kate Ortiz, MPH, RD – Public Health Seattle & King County

Why focus on nutrition in the food banks?

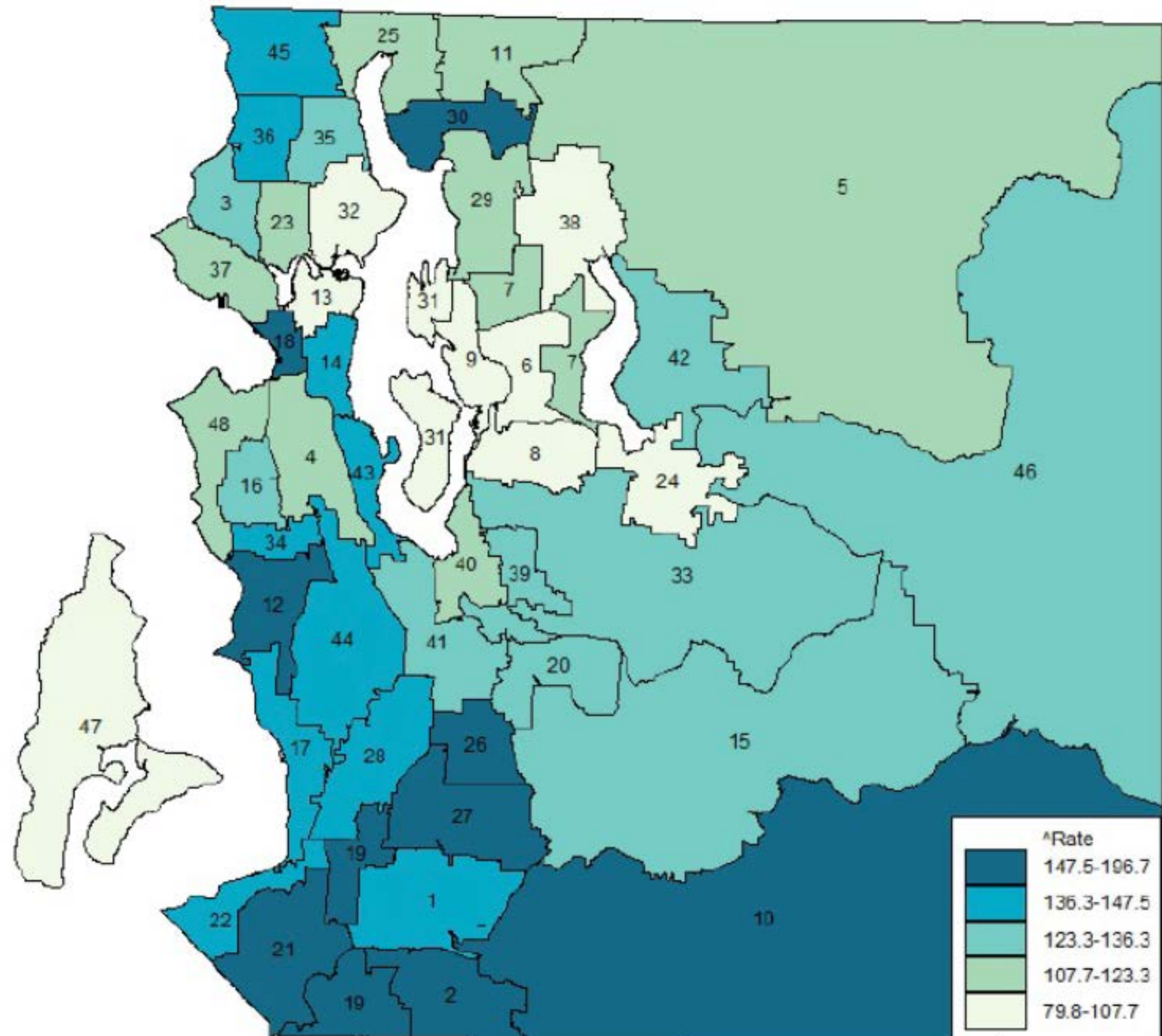


King County, WA

High rates of low socioeconomic status

Racially/ethnically diverse

Significant health inequities compared to countywide



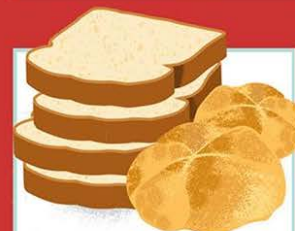


DID YOU KNOW?  American Heart Association®
life is why™

THESE SIX POPULAR FOODS CAN ADD HIGH LEVELS OF SODIUM TO YOUR DIET¹

The American Heart Association recommends that you aim to eat less than 1,500 mg of sodium per day.

 When you see the Heart-Check mark on a product, you know the food has been certified to meet nutritional criteria for heart-healthy foods, including sodium.



BREADS & ROLLS

Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.

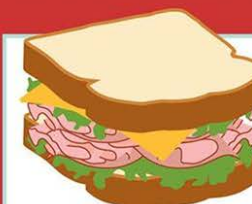
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COLD CUTS & CURED MEATS

One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium varieties of your favorite lunch meats.

2



SANDWICHES

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

3



PIZZA

A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.

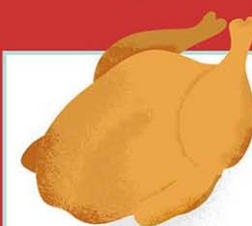
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SOUP

Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.

5



CHICKEN

Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.

6

CDC Grant Partners

01

Northwest
Harvest

02

South King
County
Food
Coalition

03

University of
Washington
Center for
Public
Health
Nutrition

04

WSU King
County
Extension's
Food Sense
program

05

Public
Health -
Seattle &
King
County

06

King
County's
Continuous
Improveme
nt team

Who is in the room?

Grant Strategies

- Nutrition Standards
- Procurement Practices
- Recipe Modification
- Behavioral Economics

Nutrition Policy



Work with South King County Food Coalition

1

Baseline
sodium
assessments

2

Coalition
Trainings

3

Mini Grant
Application
process

4

Individual
Food Bank
Action Plans

**Current
“Mini
Grant”
Recipients**

Maple Valley Food Bank

Tukwila Pantry

White Center Food Bank

Enumclaw Food Bank

Cherry Street Food Bank

Tukwila Pantry

Kathy Finau, Executive Director

Tukwila Pantry

“Serving with dignity”

Accomplishing this through a series of changes...



Tukwila Pantry



Tukwila Pantry

Tukwila Pantry



Tukwila Pantry



Lean Process Improvement

Lori Heniff, King County Quality Improvement Team

Lean Process Improvement

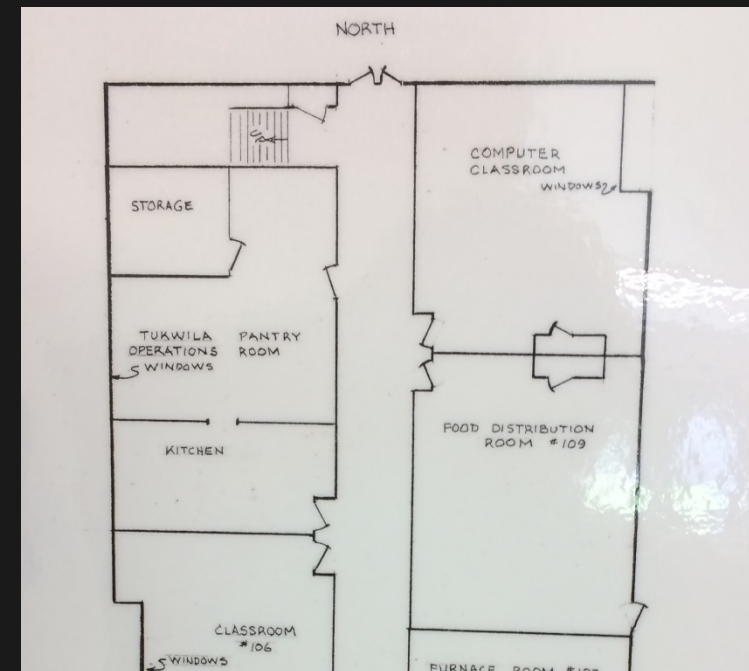
Lean is a customer-focused system that engages employees in continuous improvement.

- Two pillars: Continuous Improvement and Respect for People
- Focus on flow and removing waste

Lean Process Improvement

Applying Lean concepts at Tukwila Pantry

- Initial conversations
- Observing and gathering data
- Tabletop Exercise
- Making changes
- Assessing changes
- Ongoing testing and assessing improvements



Next Steps & Behavioral Economics

Jennifer Hanneld Cooper, Northwest Harvest

(Biggest) Lesson Learned

Every food bank is unique!

BUT – All food banks can implement some changes to help their clients make the healthy choice an easy choice.

Next Steps



What is Behavioral Economics?

- Behavioral economics applies what we know about **psychology** and **human behavior** to help us identify and modify the things in our environment that affect our food choices.
- We are constantly being “nudged” in various ways by our environment to make certain food choices.

Change the environment  Change the clients' food choices

Behavioral Economics Strategies

Behavioral economics strategies are *no-cost or low-cost* strategies that help “nudge” clients toward healthier food choices without limiting or taking away choices.

Behavioral Economics Strategies

There are 5 basic strategies:

1. Increase convenience
2. Improve visibility
3. Enhance taste expectation
4. Promote foods
5. Provide nutrition and food prep information



1. Increase Convenience

- Make healthy foods quick and easy to grab
- *Strategies:*
 - Place healthy foods at the beginning of the line
 - Bundle foods together for a healthy recipe
 - Use a shopping model to encourage choice



2. Improve Visibility

- Make healthy foods impossible to overlook
- *Strategies:*
 - Place foods so they are easy to see and take (at eye-level or on angled shelves)
 - Use warm, bright lights
 - Put out healthy foods in more than one place



3. Enhance Taste Expectation

- Foods that look good will taste good
- *Strategies:*
 - Present foods in appealing ways, using nice baskets or plastic crates instead of boxes
 - Display healthy foods neatly in a clean area
 - Add signage to specify which foods are fresh or local or special in any way

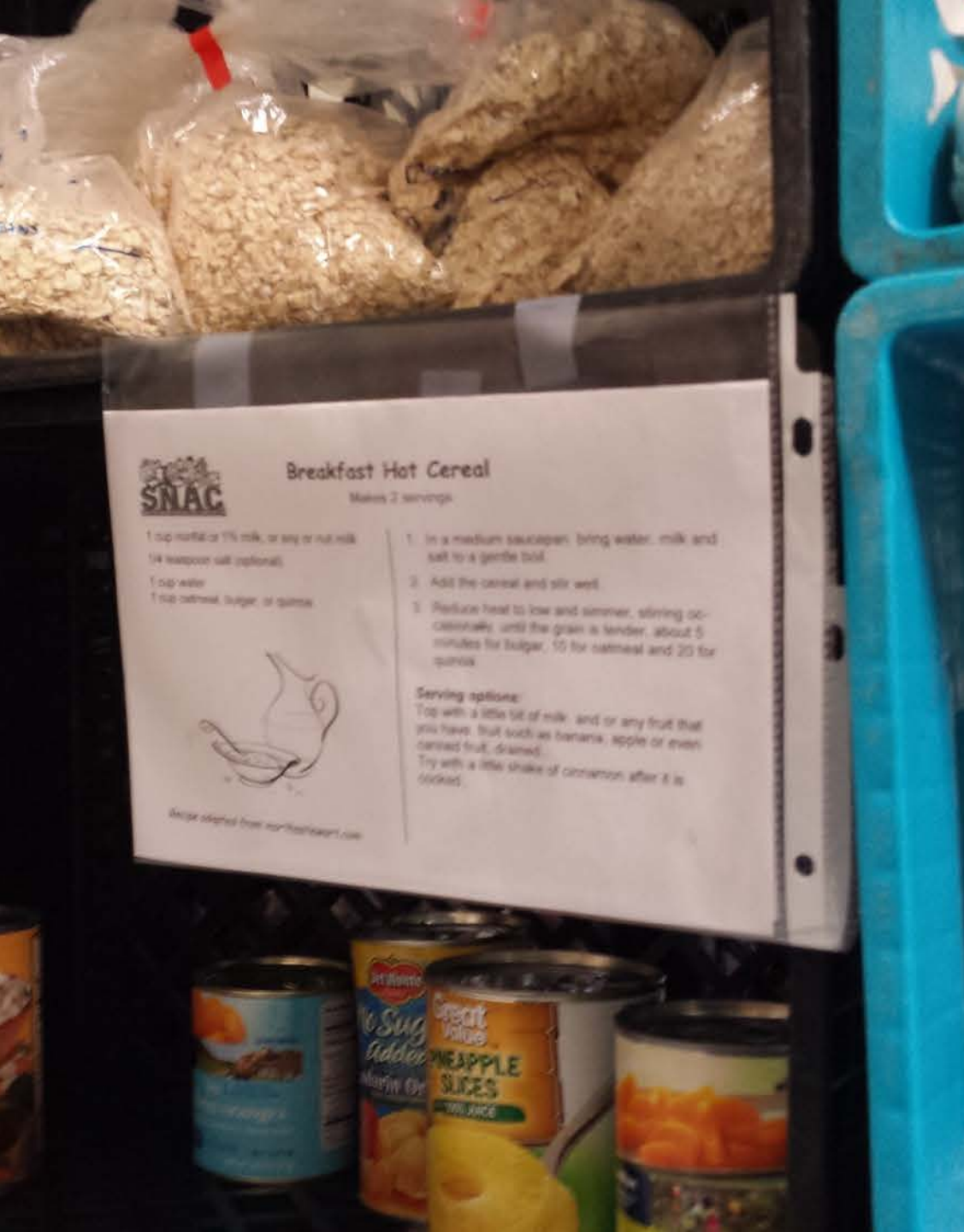


4. Promote Foods

- Attract attention to healthy foods
- *Strategies:*
 - Use posters, signs, shelf tags, and displays to highlight nutritious choices
 - Encourage staff and volunteers to promote healthy foods by pointing them out and talking about them
 - Offer a sample

5. Provide Nutrition and Food Prep Info

- Break down barriers to eating healthy foods by providing nutrition and preparation information
- *Strategies:*
 - Display nutritional info on or near food items
 - Post information on how to prepare and store featured foods – pictures work great for this!
 - Provide recipes



SNAC
Breakfast Hot Cereal
Makes 2 servings

1 cup oatmeal or 1/2 milk, or soy or nut milk
1/4 teaspoon salt (optional)
1 cup water
1 cup oatmeal, bulgur, or quinoa

1. In a medium saucepan, bring water, milk and salt to a gentle boil.
2. Add the cereal and stir well.
3. Reduce heat to low and simmer, stirring occasionally, until the grain is tender, about 5 minutes for bulgur, 10 for oatmeal and 20 for quinoa.

Serving options:
Top with a little bit of milk, and/or any fruit that you have, but such as banana, apple or even canned fruit, drained.
Try with a little shake of cinnamon after it is cooked.

Recipe adapted from www.healthline.com

For more information...

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Port Angeles
Chamber of Commerce
Business of
the Month
Port Angeles Seed Bank
December 2016





PLEASE ENJOY
3 ITEMS TOTAL
FROM THE
TABLE



