

Iowa Nutrition Network Partnership

March 25, 2019

Meeting Notes

Iowa Food Bank Association (IFBA) – Linda Gorkow, Executive Director
[Iowa Food Bank Association](#), 515-337-9973

Linda provided an informative overview of Iowa's food bank system. Contact Linda if you are interested in knowing more about food banks, the Iowa Food Assistance Hotline or the Iowa Hunger Coalition.

Video: [Hidden Hunger](#)

Over 41 million Americans are food insecure, more than 13 million children. Over 35 million tons of food thrown away annually. One in nine Iowans is food insecure. 15.9% children in Iowa food insecure. Need over 61 million meals to close the gap.

Mission of IFBA – support five food banks in state through advocacy, fundraising, SNAP outreach, collaborative programs, food recovery, food safety). Note: Food Bank of Central Iowa not part of the association.

Goal – be efficient and effective in getting food out. More than 90% of donations go out in services or food.

IFBA works with Feeding America to support food banks. Food banks work with over 600 nonprofits in the state.

Food comes from donations, food/funds drive, TEFAP (The Emergency Food Assistance Program), purchase, trade mitigation (gov't buying foods farmers can't sell)

Focus on foods that nourish - variety, more fresh produce, recipes, hands-on education, smart merchandising, partner agency capacity building, participant education (making best use of food dollars). 184% increase in fresh produce last year.

Call to Action: Donate Food! There is liability protection and tax deductions to those who donate. Food banks are AIB certified to ensure food safety. Don't worry about expiration dates except on baby food and formula (use [FoodKeeper App](#) as standard). Education is needed to understand "Use-by" dates. Ugly fruits and vegetables still good – as stores sell these (so seeing less in pantries). Also companies are not overproducing anymore so donating less to food pantries.

Food banks and pantries are interested and involved in a variety of initiatives, such as mobile pantries, school pantries, Back Pack program, Kids Café, garden programs, etc. Best way to work with a food pantry? Talk to them and share your ideas.

Every foodbank has a SNAP outreach coordinator who can help sign up people for SNAP. The Iowa Food Bank Association Hotline can also help people sign up for SNAP. Call (855) 944-3663. For every meal IFBA can provide, SNAP can provide 12 meals.

Danielle Bowlin - Elderbridge Area Agency on Aging, Mason City

Danielle shared about a recent initiative – Food Shopper Pilot Program – she implemented in February 2019 to provide food to those in need. Project inspired by a dietitian assessing patients for food security in the hospital and giving food boxes to people before they went home.

She wanted to help home-bound clients in her community, so began a grocery delivery service. Partnered with the Hawkeye Harvest Food Bank. To participate, individuals sign up with food pantry and complete a grocery list. Volunteers do the shopping and delivery. Clientele includes many single moms, referrals from a local agency. Served more than 15 people in first month.

ISU Extension and Outreach (ISUEO) Food Access Initiatives

Christine Hradek, Jody Gatewood, Jen Lamos and Judy Dittmar presented several food access initiatives implemented through SNAP-Ed.

Growing Together Iowa is a donation gardening project, connecting local growers to donation sites, such as food pantries. In 2018, donated 90,000 pounds of produce, partnered with 101 food pantries and 350+ Master Gardener volunteers. The initiative is replicated in five states. [A donation gardening toolkit](#) is available for anyone to use.

Table to Table Partnership is a food rescue initiative in Johnson County. ISUEO provides support for transporting produce from the Grow Johnson County farm to agencies that distribute food. Fruit and vegetable rescue increased by 35% in 2018.

Two Food Access Specialists positions were added in 2019 to help support food pantries and food banks. Jen Lamos and Judy Dittmar will work with food pantries and food banks in Eastern Iowa (Johnson and Linn county area) and Western Iowa (Pottawattamie county area) respectively. They will assist pantries with an assessment, looking for changes to make healthy foods more accessible. They seek additional opportunities to work with community partners to improve nutrition environments and systems that affect low-income audiences.

Jody Gatewood shared [Spend Smart Eat Smart online resources](#). Plan to add physical activity resources consistent with the current Physical Activity Guidelines for Americans.

Partner Sharing

Nikki Davenport, WIC – Asking different WIC agencies to research and develop tools for dietitians to understand and serve different racial minority groups. Received funding to streamline process for certifying moms and babies outside of WIC clinic.

Patti Delger, Team Nutrition – USDA Team Nutrition RFA recently released. Focus is school meal quality through foodservice training. Big evaluation component. CACFP training conference is first week of May.

Breastfeeding Support in Childcare Webinar: Learn how to promote breastfeeding and help moms continue to breastfeed when they return to work or school. Topics include new breastfeeding support resources, safe ways to store and serve breast milk from home, and answers to common breastfeeding questions.

Thursday, April 18, 2019 - 1:00 pm to 2:00 pm. [Click here to register.](#)

Lyn Jenkins, 5210 Community Coordinator – 5210 brochures available through [Healthiest State Initiative](#). Consistent messages in settings where kids and families visit are impactful. Working with Well Kids Coalition to translate materials. Feedback that videos are more useful than print materials.

Aryn McLaren, Double Up Food Bucks (DUFB), Healthiest State Initiative –Received 3 year FINI award in August 2018 to expand DUFB, specifically in retail. Will launch in 14 Fareway grocery stores this year. HyVee will pilot DUFB this summer with electronic redemption in Jefferson and Winterset through Fuel Saver card. Earn points with any produce, but use DUFB on local produce (all fresh, not canned or frozen). Already have DUFB in New Pioneer Co-op. Talking to two other Co-ops in the state. Eat Greater Des Moines hiring 30 hr/week x 5 mo to support Central Iowa's DUFB.

Nancy Macklin, Iowa Egg Council – Find educational materials, nutrition and research blog subscriptions: <https://www.eggnutritioncenter.org/> This Month's Spotlight. The Nutrition Close-Up is a quarterly publication that shares new perspectives in health and nutrition by featuring articles written by top experts in the field. Find free egg recipes at www.iowaegg.org.

Recorded Webinar - Choline: Exploring the Growing Science on Its Benefits for Moms, During Fetal Development and Beyond - 1 hour free CEU available: <https://ce.todaysdietitian.com/node/68810>

Suzy Wilson, SNAP-Ed, Iowa Dept of Public Health – March and April is a promotional period for the [Fuel Your Fun \(Pick a better snack\) campaign](#). Campaign targets low-income youth and their families in schools and communities participating in the Pick a better snack program. Market channels include school posters and banners, community billboards, web banners, Pandora, You Tube, IPTV and Facebook. Materials are available for partners to promote fruit and vegetable consumption. Contact suzy.wilson@idph.iowa.gov if desire to partner.

Doris Montgomery, SNAP-Ed, Iowa Dept of Public Health - If you'd like to help plan the next Iowa Senior Hunger Summit, contact Doris.Montgomery@idph.iowa.gov. Senior Hunger Awareness campaign materials can help you reach food insecure seniors. Posters and rack cards are available from IDPH. [Click here to learn more](#). Desire to work with health care industry to address food insecurity.

Email Doris.Montgomery@idph.iowa.gov. to join the Iowa Nutrition Network listserv for regular nutrition and physical activity email announcements.

Next INN Partnership Meeting: July 22, 1:00 – 4:00 pm in Conference Room B-100, Grimes Building, Capitol Complex, Des Moines.