

# Walk the Line: Nutrition Education at Produce and Food Distribution Sites

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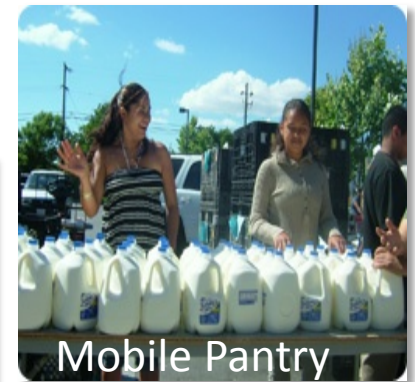
# How Our Nutrition Program is Funded

- USDA SNAP-Ed
- Network for a Healthy California
- Innovative Grant



# How We Give Out Food

Our Food Distributions: Direct Service Sites & Partner Agencies



# Target Audience

- ▶ CalFresh recipients (SNAP eligibles) with special emphasis on the homeless, including:
  - Direct Service Site clients
  - Partner Agencies and their clients



# Grant Goals

- Encourage Direct Service Site clients to:
  - Take, prepare, and eat Food Bank foods, especially produce
  - Make healthy food choices based on MyPlate
  - Prevent obesity, diabetes, and other diseases
- Provide resources to partner agencies to provide Nutrition Education



# Mobile Kitchen and NUT Center



**NUT**  
Nutrition Understanding  
& Training Center



# Make It Interesting and Interactive!



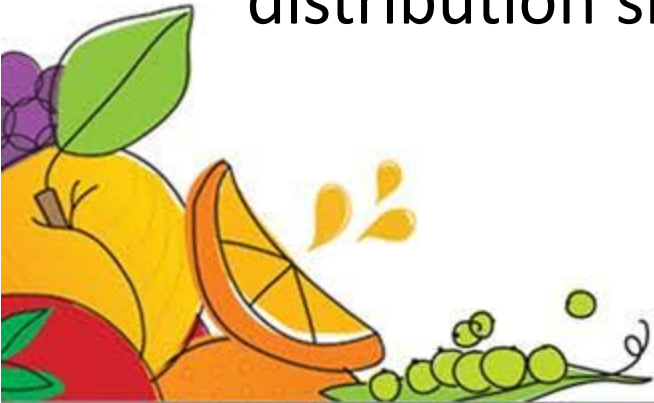
# Walking “The Line”





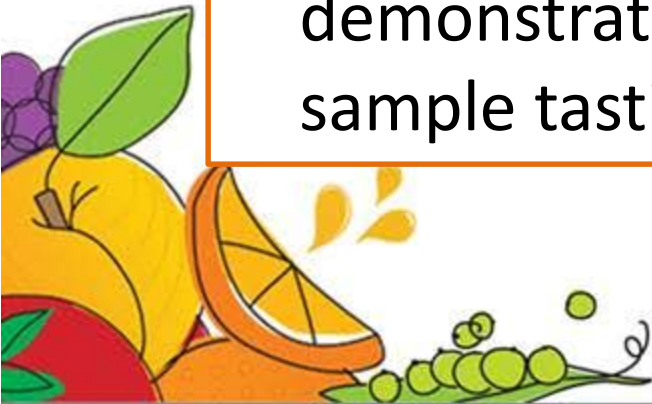
# Challenges

1. Long lines, clients don't want to leave
2. Belief that clients not interested in NE
3. Diverse languages
4. Unfamiliar produce
5. County EH regulation for samples
6. 2 nutritionists, 140+ distribution sites



# How We Addressed these Challenges

- Develop 3-5 minute lessons to teach clients while waiting in line
- Simple objectives
- A little bit of nutrition information
- Include a food demonstration or food sample tasting



# How We Addressed these Challenges



- Nutritionists place the lesson materials on cart
- Cart is pushed along the line of clients
- Nutrition display is interactive and engaging!



# Help With Diverse Languages



Recruit and train Health Ambassadors to help teach in a bilingual/bicultural manner



# How Effective is This Nutrition Education?



# Evaluation Design

- 6 control & 6 intervention sites
- Sites not randomly assigned
- Received same produce
  - Controls: no education
- “Post-test” only –
- 1 month after education



# Intervention Group

June & July

- Brief Lessons
- SHFB Tip Cards
- Recipe Tastings



August

- SHFB Tip Cards



# Outcomes

- Clients in the intervention group were more likely to:
  - Prepare more vegetables
  - Buy the featured produce at the store
  - Eat foods lower in fat, including fewer fast foods
  - Add at least 2 food groups to their meals
  - Prepare Food Bank recipes





# Conclusion

- Clients are interested in nutrition education, both in line and at agency classes
- Even 5-minute sessions, paired with food, recipes and samples, can lead to positive health behavior changes
- With some training and simple lessons, non-nutritionists can provide effective nutrition education



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