



**Food Bank**

# CBEL SEEDS: UBC AMS Food Bank

| Megan Chua | Lisa Chu | Stephanie Marcil |  
| Xiang Chuin (Ariel) Seah | Daisy Shen | Steven Wu |

# Intro & Background

About **40%** university students experience food insecurity

-- Rideout & James (2017)

## Food Insecurity

“the inability to acquire or consume an adequate diet quality or sufficient quantity of food in socially acceptable ways, or the uncertainty that one will be able to do so”.

-- Davis & Tarasuk (as cited in Health Canada, 2012)

## AMS Food Bank:

- Founded in 2006
- A non-profit organization that provides food assistance for students
- About 68 visits/month



**Food Bank**

<https://www.ams.ubc.ca/services/food-bank/>





# Program Goals and Objectives



<http://www.transcendyourlimits.com/setting-goals-and-objectives/>

## Goals

- (1) To increase availability of nutrient-dense foods at the food bank
- (2) To increase food bank visitors' self-efficacy in healthy meal planning and preparation.

## Objectives

- Short-term: Increase the supply of fresh produce to AMS Food Bank clients & increase number of views of the AMS Food Bank blog
- Medium-term: Provide more nutrition-related resources to the clients

# Theoretical Framework

- Community Level of Intervention
- Communication Theory
  - Agenda Setting
  - Media Effects
- How are we affecting the individual?
  - Ecological Model



<http://www.balancedweightmanagement.com/TheSocio-EcologicalModel.htm>

# Output (Summary Sheet)

Problem - low quantity of fresh produce in AMS food bank and high turnover rate of staffs

Nutritional & storage information - easy to read and distribute





Cucumber contains rich source of Vitamin C, K and potassium. Low in saturated fat cholesterol and sodium

Generally last up to 14 days. Should be stored above 10° C

Suggestion: future fresh produce, also encourage to keep exploring healthy food alternative and familiar to most of the population. However, acknowledgment and exploration of other healthy food alternatives should NOT be ignored. Please

## AMS FOOD BANK

|  | Nutrition Information  | Storage Information   |
|--|--|---|
| Fruit and Vegetables   |  Apple contains high amount of dietary fibre and Vitamin C. Low in calories and sodium. No fat or cholesterol!  | Ideally store at 0-1° C (32-34° F). Less texture and flavor over 4 months.  |
|  |  Carrots is low in saturated fat and cholesterol. Excellent source of Vitamin A, C, K and Potassium. Contribute to daily orange vegetable intake  | Wash only when ready to use. DO NOT store with apple, pears potatoes. Keep in a plastic bag when refrigerated.  |
|  |  Fully ripen bell peppers are a great source of Vitamin A and C. They are also rich in antioxidant and low in calories  | Keep in the plastic bag for about a week in refrigerator. Green paper remains fresh a bit longer than yellow and red.   |
|  |  Kale provides high source of Vitamin K, A, C and B6. Rich in copper, iron, manganese and calcium. Excellent source of fibre  | Should be refrigerated in an airtight bag. Will be remain fresh up to 5 days. Wash only when using.   |
|  |  Broccoli is a great source of Vitamin C, K, iron potassium and fibre   | Store in sealed plastic bag in the fridge. Typically, will remain fresh with 7-14 days.   |
|  |  Cucumber contains rich source of Vitamin C, K and potassium. Low in saturated fat cholesterol and sodium   | Generally last up to 14 days. Should be stored above 10° C  |
| Grain Products   |  <ul style="list-style-type: none"> <li>Reduce risk of heart disease, stroke, type 2 diabetes and obesity.</li> <li>Good sources of B vitamins, iron, and fibre acid.</li> <li>Reduced green contain significantly less fibre and vitamins.</li> <li>Avoid grain products with added sugar and sodium.</li> <li>Consume wide variety of grains</li> </ul> | <ul style="list-style-type: none"> <li>Keep bread away from direct sunlight and store in a cool/dry area at room temperature for NO MORE THAN 3 DAYS</li> <li>When storing bread in freezer, keep it in a plastic bag. Typically grain products (such, rice etc.) have long shelf life, keep them in a cool/dry area</li> </ul> |
|  | Milk and Alternatives  |  Milk is a great source of Vitamin D, riboflavin, and calcium. Choose low fat options, e.g. skim, 1% or 2%   |
|  Yogurt is an excellent source of high-quality protein, calcium and B12. Sugar content varies depend on the brand.                                      |  | Should be well covered in the fridge. Do not freeze, may change texture.  |
|  Fortified soy beverage is also a great source of calcium, Vitamin B2 and protein for vegetarians and vegans. Choose unsweetened to avoid excess sugar. |  | Typically, has longer shelf life than milk. Nonetheless, the storage information is similar to milk.  |
| Meat and Alternatives  |  Tofu contains high source of good quality protein and calcium. Low in fat, calories, and cholesterol free.   | Must be in refrigerator. Expiry date NOT flexible. Can keep for 2-3 days after opening.   |
|  |  Hummus is a good source of protein. It is rich in unsaturated fat, folate, iron, and dietary fibre.  | Commercial hummus usually last anywhere between 3-10 days in the fridge. If it is opened, it is best to consumed within a week. Can be frozen, but texture and consistency may change.  |

This information sheet provides options and discussion on cost-effective and nutrient-dense foods for future purchases. All the food listed are ubiquitous and familiar to most of the population. However, acknowledgment and exploration of other healthy food alternatives should NOT be ignored. Please consider the information above prior to purchasing fresh produce to provide healthy and nutritious foods to the clients.

# Output (Voting system)

One vote for each category, should be held during the month prior

Transparent communication.

Consensus.

Interactive and provide sense of involvement

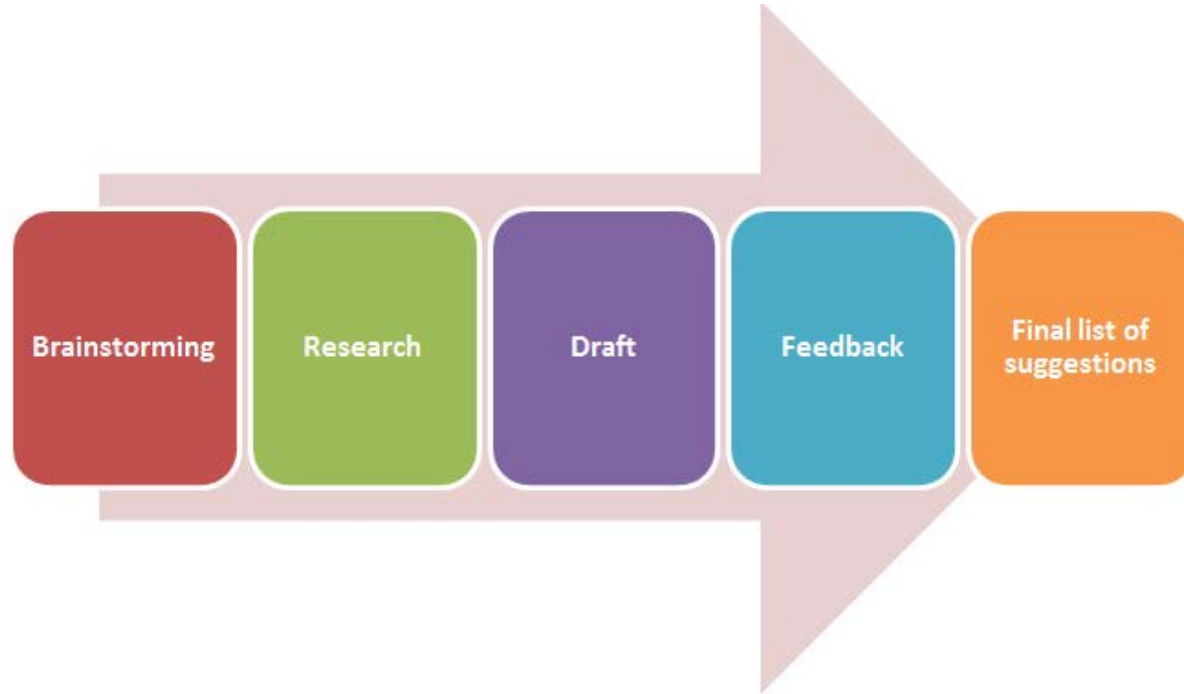
The summary sheet and voting system are supported by the agenda setting aspect of the communication theory .

*You want it, we bring it! VOTE!*

| Category             | Item | Number of ballots |
|----------------------|------|-------------------|
| Fruit and Vegetables |      |                   |
|                      |      |                   |
|                      |      |                   |
| Grain products       |      |                   |
|                      |      |                   |
|                      |      |                   |
| Milk and Alternative |      |                   |
|                      |      |                   |
|                      |      |                   |
| Meat and Alternative |      |                   |
|                      |      |                   |
|                      |      |                   |



# Output (Suggestions for Blog)





# Output (Suggestions for Blog)

AMS Food Bank – Give v... x

Secure | <https://amsfoodbank.wordpress.com>

Food Bank

CAULIFLOWER RICE

Permalink to Cauliflower Rice

By appointment

Follow

h

h





# Output (Suggestions for Blog)

## Short term changes

Allow search engines to index site

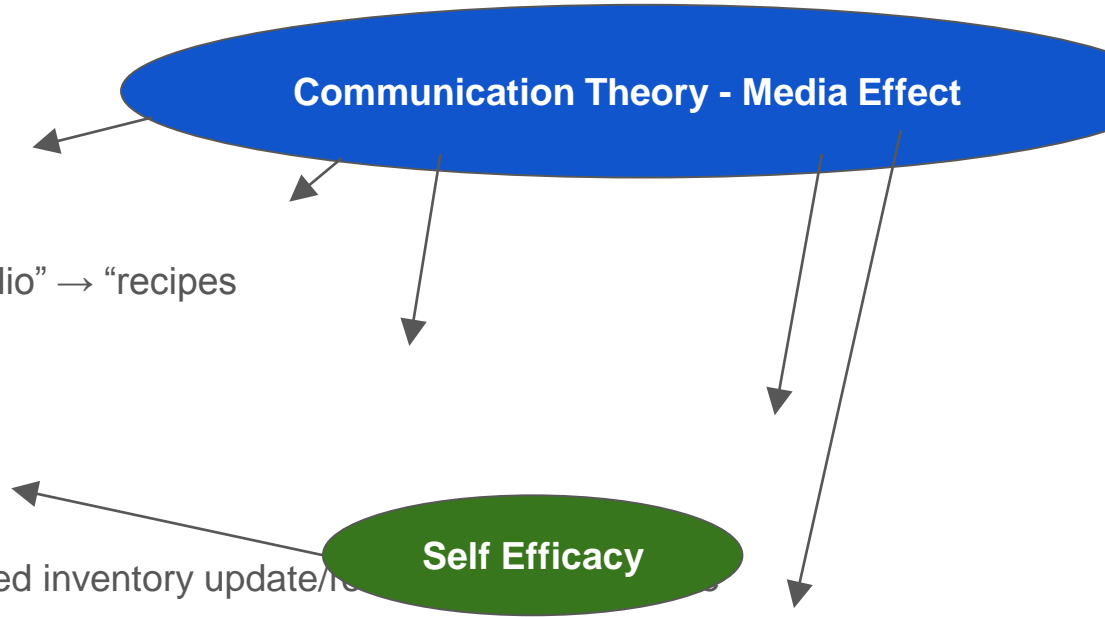
Straightforward wording, e.g. “portfolio” → “recipes”

## Medium term changes

Increase viewership by having a fixed inventory update/recipe

Improve reader-friendliness of blog by the use of tags, improved recipe formats

Help improve client’s access to affordable, nutritious food by including resources on website





# Evaluation

Disclaimer

Summary Sheet

Change in purchases

Blog Evaluation

Traffic

Comments

Feedback



<http://www.hilliardschools.org/ilc/mentorship/students/final-evaluation/>

# Lessons Learned



<http://www.istockphoto.com/ca/photo/auditing-gm655260026-119190745>

1. Food insecurity is a hidden issue.
2. Providing knowledge may not change behaviour.
3. When key information is missing, it can be difficult to determine if the intervention can be sustainable.

# If we could do it again...

1. More time spent visiting the AMS Food Bank.
2. Reach out to more AMS Food Bank stakeholders.

# Logic Model Summary

| AMS Food Bank Logic Model                                      |   |  |   |  |   |   |
|--|---|--|---|--|---|---|
| Situation  | Input   | Output   |   | Outcomes   |   |   |
| Improving nutritional quality of food offered by the food bank | <ul style="list-style-type: none"> <li>• Time</li> <li>• Nutrition knowledge and research</li> <li>• Research on food banks' approaches on nutrition</li> <li>• Community partners</li> </ul> | <ul style="list-style-type: none"> <li>• What we do               <ul style="list-style-type: none"> <li>○ Summary sheet for coordinator</li> <li>○ Blog assessment and improvement</li> <li>○ Communication shift from email to blog</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Who we reach               <ul style="list-style-type: none"> <li>○ Food Bank Coordinators</li> <li>○ Food Bank Clients</li> <li>○ Food Bank Volunteers</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Short-term               <ul style="list-style-type: none"> <li>○ Increase awareness about healthy eating</li> <li>○ Increase nutrition knowledge</li> <li>○ Improve food variety/choices</li> <li>○ Perception of food (satiety --&gt; nutrition)</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Medium-term               <ul style="list-style-type: none"> <li>○ Increase client decision to choose fresh produce</li> <li>○ Incorporate more fresh produce into client's meals</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Long-term               <ul style="list-style-type: none"> <li>○ Improve community nutrition</li> <li>○ Foster sense of community</li> </ul> </li> </ul> |

# References

1. Health Canada. (2012). *Household Food Insecurity in Canada: Overview*. Retrieved from <http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/insecurit/index-eng.php>.
2. National Cancer Institute, U.S. Department of Health and Human Services, & National Institutes of Health. (2005). *Theory at a Glance: A Guide for Health Promotion Practice*. Retrieved from <http://www.sbccimplementationkits.org/demandrmnch/wp-content/uploads/2014/02/Theory-at-a-Glance-A-Guide-For-Health-Promotion-Practice.pdf>
3. Rideout, C., James, C. (2017). *Sociodemographic Predictors of University Students' Food Insecurity: Insights From a Large University in Canada*. Retrieved from UBC SEEDS Sustainability Program library: [https://sustain.ubc.ca/sites/sustain.ubc.ca/files/seedslibrary/LFSFS\\_0.pdf](https://sustain.ubc.ca/sites/sustain.ubc.ca/files/seedslibrary/LFSFS_0.pdf).

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<http://www.istockphoto.com/ca/photo/thank-you-word-from-white-wooden-letters-on-table-and-hands-gm658052314-120028575>