
Healthy Eats – A Collaborative Effort



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Network Steering Committee Meeting

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Key Points

- Promotion of multiple nutrition assistance programs (WIC, Network, and Food Stamps).
 - Utilize existing resources.
 - Deliver Nutrition Education - Captive Audience.
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What We Are Doing

- Recruit participants from lobby maximizing participants time.
- Provide brief 15-20 minute food demonstrations to low-income families, and worksite staff (intermediaries) twice per month.
- Survey participants.



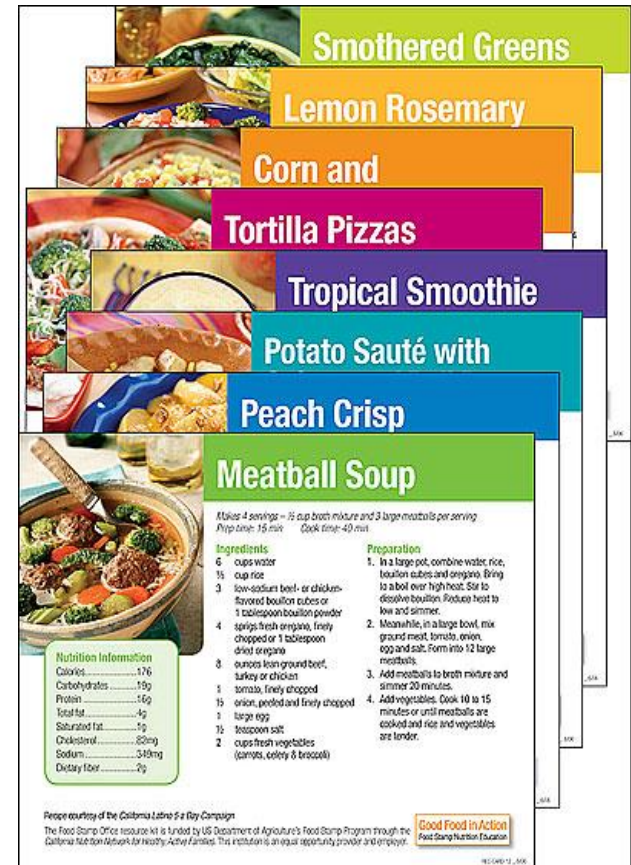
What the Surveys Tell Us

- Participants were introduced to something new.
- Felt recipes were quick and easy to prepare.
- Were willing to try them at home.



Benefits of Collaboration

- Utilize existing resources.
 - ❑ Food Stamp/Network – FS Resource Kit. Developed collaboratively between Network and the Food Stamp Program.
 - ❑ WIC- Food demonstration cart, and nutrition expertise offered through dietitians.
 - ❑ Network- Network sponsored cookbooks, food for demos, and community health worker to provide basic nutrition education.



Attendance/Cost

- 70 + participants reached per month
- Average monthly food cost \$32.67



Steps to Replicate Project

1. Find out which food assistance programs are housed within your social services agency.
2. Need 1-2 staff to run demo.
3. Need approximately \$50 food budget per month.
4. Demo table or cart.
5. Set on-going schedule.



Conclusion

- Low-cost, easy to follow food demonstrations in a convenient location is a simple way to promote fruit and vegetable consumption.



- Easy way to promote multiple food assistance programs.
- Great way to strengthen collaboration with other programs.

30 Second Story

Yogurt and
Fruit~
featured recipe
for May.

