

Give What You Can and Take What You Need



PRESENTER:
Arionna Carter

With 240 pounds of food donated and 179 pounds taken, about 35% of the donated items and 32% of the removed food products taken were moderately healthy.

BACKGROUND: Hunger results from food insecurity, a social condition of limited or uncertain access to adequate food. In Ohio 1 out of 7 children face hunger, and 1 in every 5 children are unsure if they will get another meal, equating to 13 million children who face hunger in America alone. When an individual does not have access to safe and nutritious foods it puts them at risk for developing chronic diseases such as diabetes, hypertension, heart disease, obesity, and even some cancers. The food quality found in pantries or food banks contributes to the risk of disease if individuals are not food-conscious with their decisions.

METHODS

- Food items were weekly inventoried and categorized based on the HER guidelines using green, yellow, red, and grey tape (Table 1).
- The time food products stayed in the LFP was established with the inventory method.
- Data management was organized with an Excel spreadsheet based on the product, quantity, form (box, bag, can, etc.), score (tape color), and date.

Food Category*	Example Products	Choose Often			Choose Sometimes			Choose Rarely		
		Saturated Fat	Sodium	Added Sugar**	Saturated Fat	Sodium	Added Sugar**	Saturated Fat	Sodium	Added Sugar**
Fruits and Vegetables	Fresh, canned, frozen, and dried fruits and vegetables, frozen broccoli with cheese sauce, apple sauce, tomato sauce, 100% juice, 100% fruit popsicle	≤ 2 g	≤ 230 mg	0 g	All 100% juice and plain dried fruit			≥ 2.5 g***	≥ 480 mg	≥ 12 g
Grains	Bread, rice, pasta, grains with seasoning mixes	First ingredient must be whole grain AND meet following thresholds:			≥ 2.5 g***	231-479 mg	7-11 g	≥ 2.5 g***	≥ 480 mg	≥ 12 g
Protein	Animal (beef, pork, poultry, sausage, deli meats, hot dogs, eggs) and plant proteins (nuts, seeds, veggie burgers, soy, beans, peanut butter)	≤ 2 g	≤ 230 mg	≤ 6 g	2.5-4.5 g	231-479 mg	7-11 g	≥ 5 g	≥ 480 mg	≥ 12 g
Dairy	Milk, cheese, yogurt	≤ 3 g	≤ 230 mg	0 g	3.5-6 g	231-479 mg	1-11 g	≥ 6.5 g	≥ 480 mg	≥ 12 g
Non-Dairy Alternatives	All plant-based milks, yogurts and cheeses	≤ 2 g	≤ 230 mg	≤ 6 g	≥ 2.5 g	231-479 mg	7-11 g	≥ 2.5 g	≥ 480 mg	≥ 12 g
Beverages	Water, soda, coffee, tea, sports drinks, non-100% juice products	0 g	0 mg	0 g	0 g	1-140 mg	1-11 g	≥ 1 g	≥ 141 mg	≥ 12 g
Mixed Dishes	Frozen meals, soups, stews, macaroni and cheese	≤ 3 g	≤ 480 mg	≤ 6 g	3.5-6 g	481-599 mg	7-11 g	≥ 6.5 g	≥ 600 mg	≥ 12 g
Processed and Packaged Snacks	Chips (including potato, corn, and other vegetable chips), crackers, granola and other bars, popcorn	None			If a grain is the first ingredient, it must be a whole grain AND meet following thresholds:			≥ 2.5 g	≥ 141 mg	≥ 7 g
Desserts	Ice cream, frozen yogurt, chocolate, cookies, cakes, pastries, snack cakes, baked goods, cake mixes	None			0-2 g	0-140 mg	0-6 g	All desserts		
Condiments and Cooking Staples	Spices, oil, butter, plant-based spreads, flour, salad dressing, jammed sauces (except tomato sauce), seasoning, salt, sugar	Not ranked								
Miscellaneous Products	Nutritional supplements, baby food	Not ranked								

Table 1. Assigned categories based on HER system.

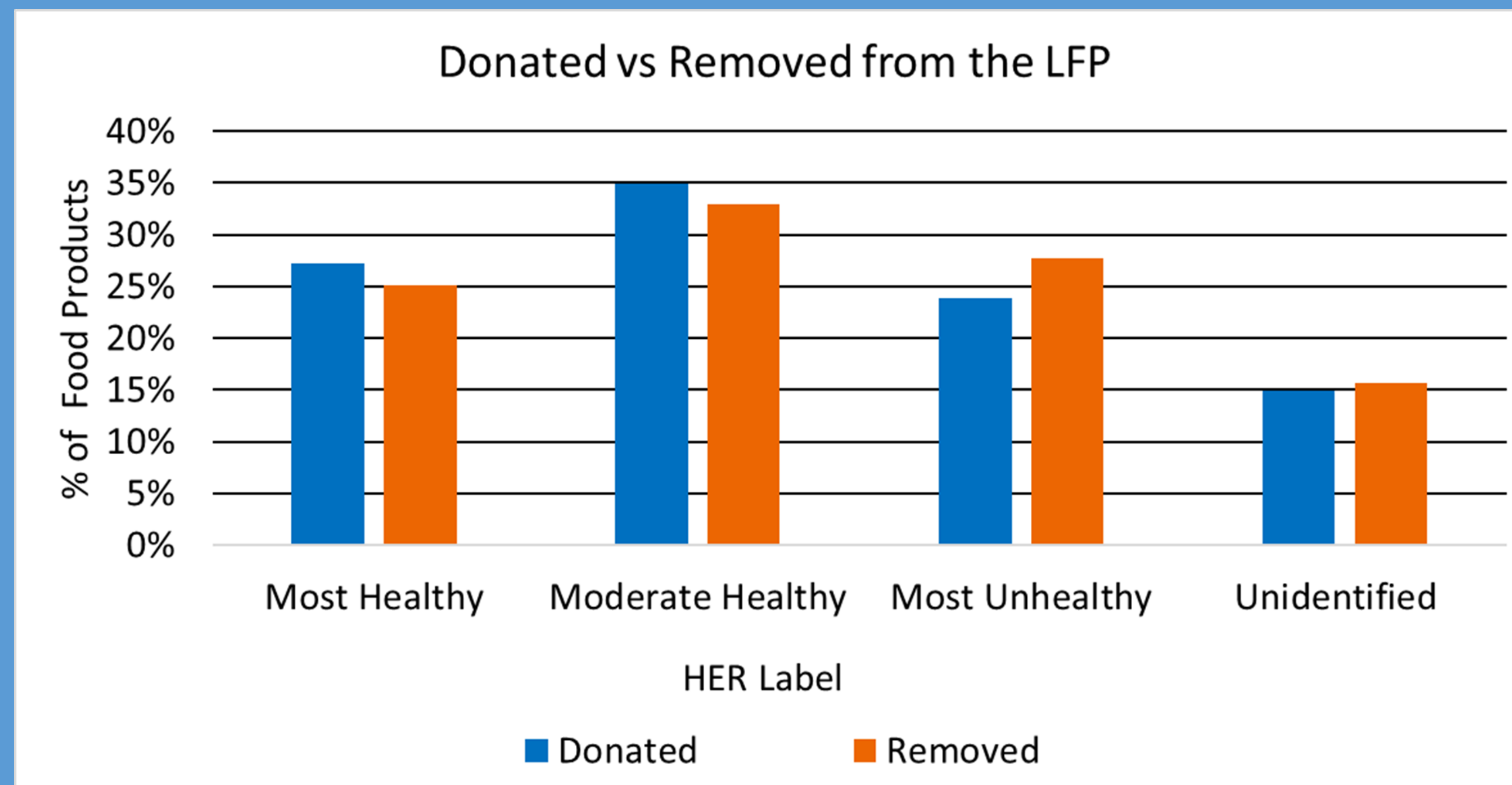
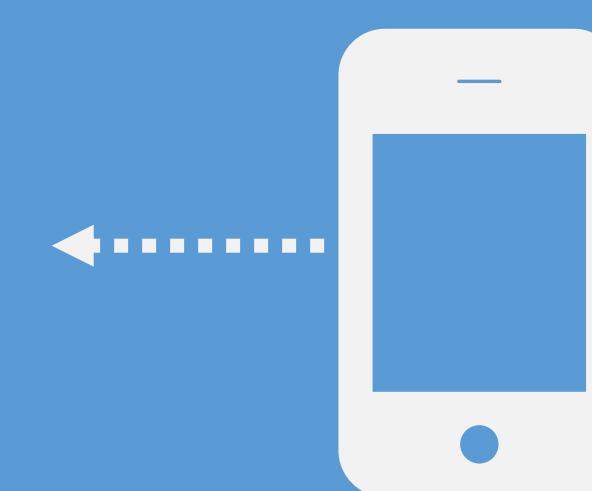


Figure 1. The percentage of items that were donated and removed were categorized based of their healthfulness of most healthy, moderately healthy, most unhealthy, and unidentifiable (green, yellow, red, and UN)



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Results

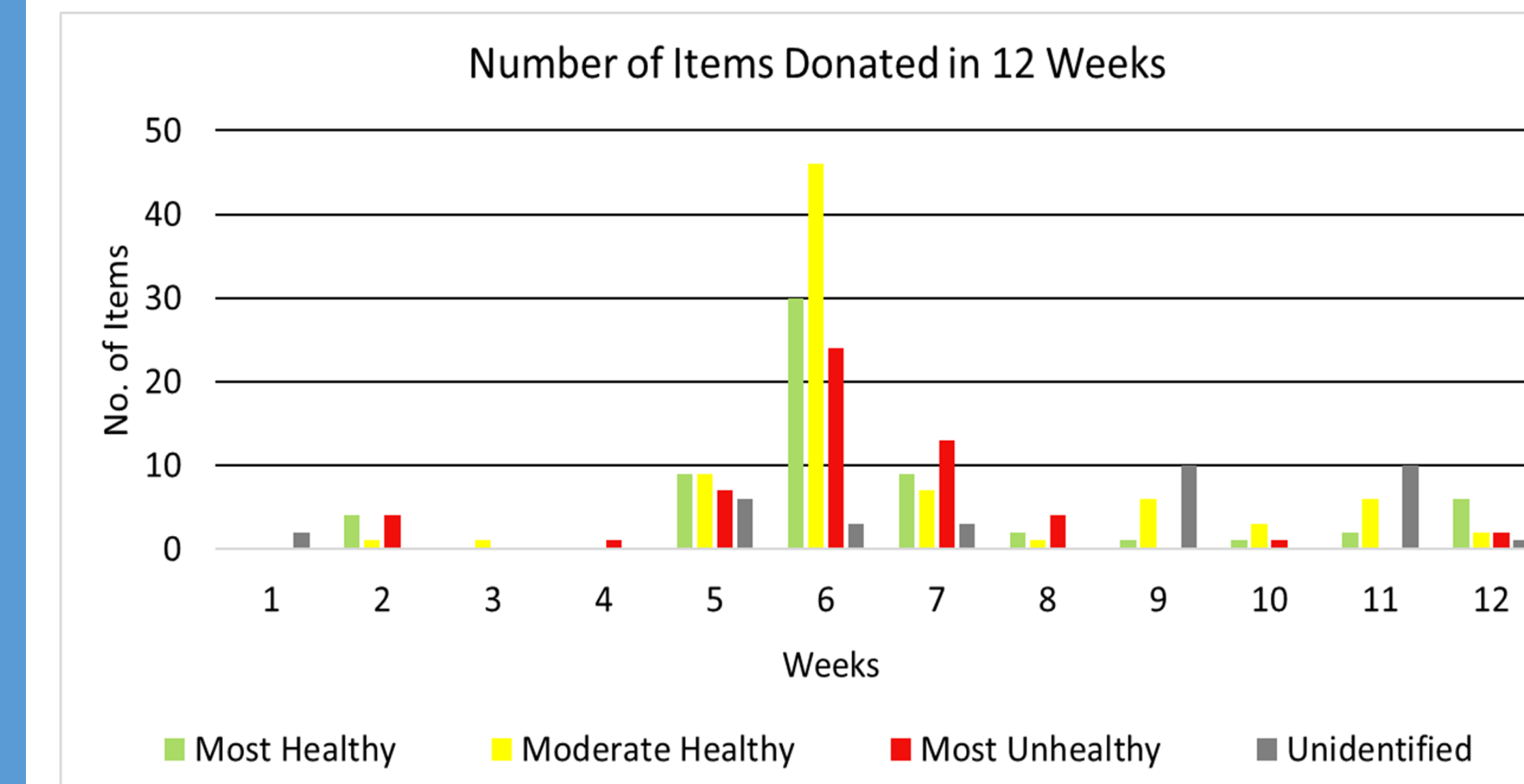


Figure 2. Number of items donated over 12 weeks categorized based of their healthfulness.

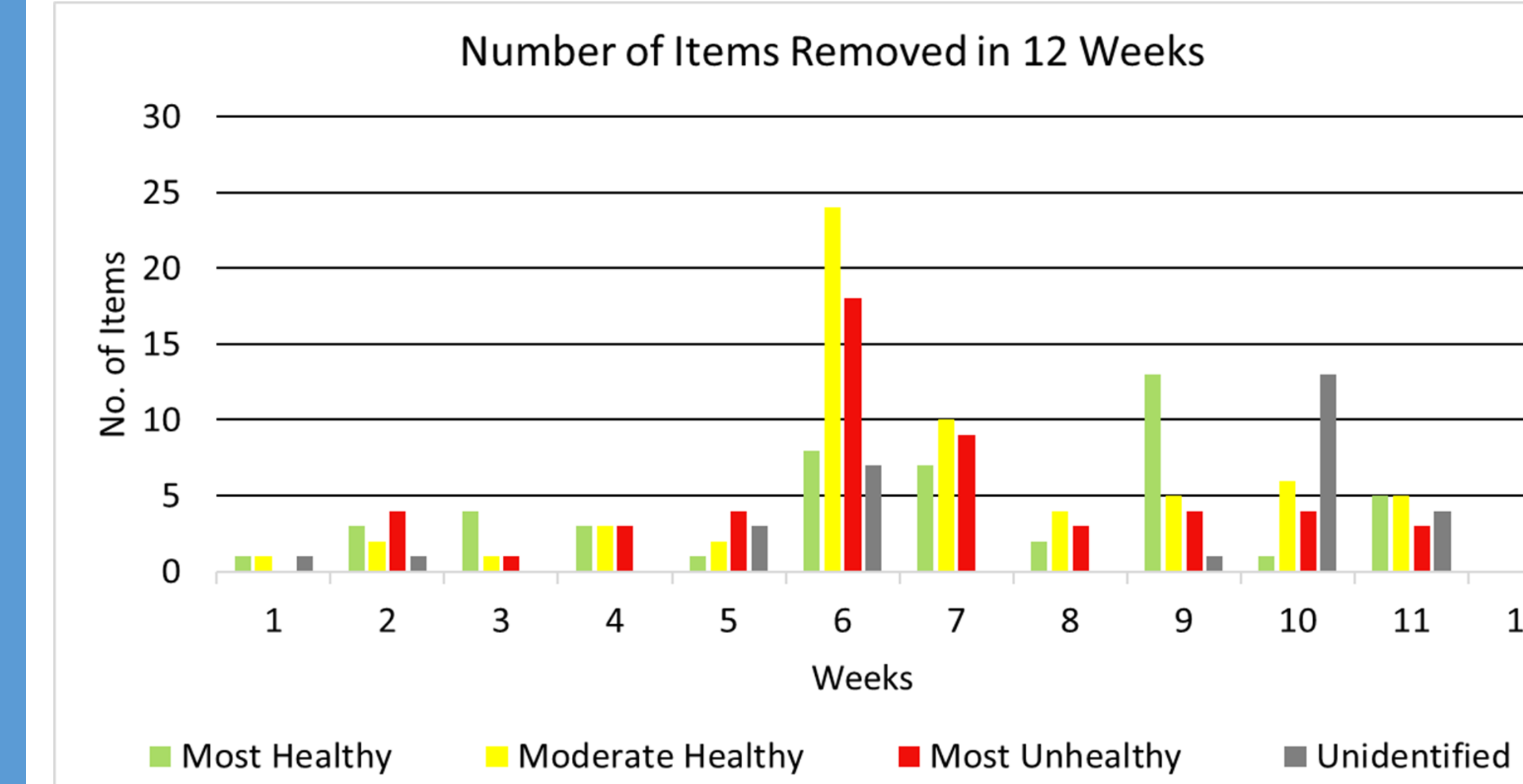


Figure 3. Number of items removed over 12 weeks categorized based of their healthfulness.

Discussion: Food insecurity is both emotionally and physiologically damaging, with factors of eating less, stress, and eating overall unhealthy. People using the LFP may be at greater risk of disease and health inequities, but it is important to note that most foods can be incorporated into a healthy well-balanced diet. During the research, it was found that individuals took completed meals such as boxed macaroni, instant noodles, and canned meals as opposed to single-ingredient items like pasta, rice, vegetables, or even beans. This could be due to the lack of knowledge on food preparation, convenience, time, or even supplies, like a can opener. To further this research and encourage healthy eating the LFP could stock recipes to educate individuals on how to prepare meals with LFP products and information about the connection between nutrition and disease. Given the connection between nutrition and disease, it is important to be mindful of the food products that are donated to food pantries. Decreasing the risk of disease consists of eating an adequate amount of essential nutrients, having a balanced diet, eating a variety of food, and having moderation.

Arionna Carter
Advisor: Lynn Ulatowski