

Master of Public Health  
Integrative Learning Experience Report

***NUTRITION OUTREACH EFFORTS THROUGH THE  
MANHATTAN/RILEY COUNTY FOOD AND FARM COUNCIL***

by

**Ariana Achakzai**  
MPH Candidate

submitted in partial fulfillment of the requirements for the degree

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**Graduate Committee:**

Dr. Sandy Procter  
Dr. Ric Rosenkranz  
Dr. Ellyn Mulcahy

**Public Health Agency Site:**

Flint Hills Wellness Coalition  
April 2019 – April 2020

**Site Preceptor:**

Vickie L. James, RDN, LD

KANSAS STATE UNIVERSITY  
Manhattan, Kansas

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## Summary/Abstract

Flint Hills Wellness Coalition (FHWC) formed in April 2011. Their main objectives are to develop community norms supporting healthy behaviors and environments for the citizens of Manhattan and Riley County. Since I joined Food and Farm Council (FFC) of the FHWC as an intern, I was involved in different activities. However, the three big programs I participated were creating community action teams (CAT), helping in organizing Ogden Community Free Meals once a month, and Kitchen Restore. The main objective of this applied practice experience was to apply what I have learned in classes into practice within the community. All the three main programs I was part of are continuing and are great initiatives for the Manhattan community. Community action teams (CAT's) are topical groups of more than fifty partners divided into three groups including nutrition education, food insecurity, and waste. The Ogden Community Free Meal is organized once in a month to serve the food insecure community members of Ogden. The Kitchen Restore program is designed to create kitchen cooking kits for newly arrived and in need families lacking kitchen gear and equipment. In this report, I will provide more details about the three above mentioned programs.

**Subject Keywords:** Food waste, kitchen restore, community free meals, community action teams (CAT), stakeholders, nutrition education.

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## Chapter 1 - Literature Review

Food insecurity is one of the global obstacles which affects many countries around the world including developed countries like the United States of America and Canada [4]. Data show that approximately 27 percent of the global population experiences food insecurity. The United Nation Food and Agriculture Organization (UN FAO) defines food security as “when all people, at all times, have physical and economic access to sufficient safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life” [4]. Four main pillars of food security are food availability, access, utilization, and stability [7]. The opposite of food security is food insecurity. Food insecurity could be experienced at different levels such as the individual level, at the household level, and national level. However, household level food insecurity is the most common type and affects all the members of the family. It is characterized by worrying about not having enough food, which is then followed by dietary changes to make available food last longer, and finally, first in adults followed by in children, a reduction in food consumption [4]. This study conducted by Smith et al. (2017) disclosed key characteristics of the typical food insecure person in 134 countries, despite the heterogeneity in populations. These characteristics are; low levels of education, less social capital, and weak social networks. Higher probability of experiencing food insecurity and severe food insecurity around the world is linked with age, gender, the number of children in household, living in a rural area, being unmarried, and being unemployed [4].

Food insecurity has increased in the United States since 2000, with the high peak in 2008 with the onset of the Great Recession and declined since 2014 [3, 16]. Based on United States Department of Agriculture two levels of food insecurity exist. The *low food security level* is food insecurity without hunger. While *very low food security* is food insecurity with hunger [16]. In 2015, over 6.9 million households experienced very low food security in the USA [3]. Household food insecurity is linked with varying poor health outcomes among children, which includes asthma, anemia, and general poor health [2,3,8]. Depending on their age, children in food-insecure households had 2.0–3.0 times higher odds of having anemia, 1.4–2.6 times higher odds

of having asthma, and 2.0 times higher odds of being in fair or poor health compared to children in food-secure households [8]. Food insecurity also impacts children's academic performance and delays cognitive development [3,8]. The United State Department of Health and Human Services' Healthy People 2020 objectives include elimination of very low food security among children and reduction of household food security to less than six percent [3]. Kansas, in the midwestern part of the USA, is a state where residents experience food insecurity. Even though Kansas is an agricultural state, in 2013, one out of six households or 16.5 percent (equivalent to 183,000 households) were food insecure [2]. Food insecurity rates are particularly high in the eastern third of the state, mostly in the southeastern corner [2]. Riley County is in the northeast part of the Kansas. In 2014, approximately 13,760 individuals (18.5 percent) of Riley County residents struggled just to get enough food, and about one in five children (20.6 percent) lived in households that were food insecure [1]. In addition to food insecurity, the residents of Riley County also face problems with accessing the food. Around 28,000 individuals in the region had limited access to a grocery store and were low income [1].

Conversely, food waste occurs all around the world. Around one-third, or approximately 1.3 billion tons of food per year produced for human consumption, is lost or wasted [5,6]. Within the food supply chain, the largest amount of food is wasted at the final stage, which is the household level [6]. For instance, based on research from the Natural Resource Defense Council, 25 percent of food purchased by Americans is thrown away [1]. For a family of four people the estimated cost of wasted food is between \$1,350 and \$2,275 per year [1]. A study conducted by Menesue et al. (2014) shows that reductions in food waste in developed regions decreases the number of undernourished people in developing countries by up to 63 million [5].

Food waste not only impacts humans but also the environment. The environmental impacts are deforestation, water pollution, air pollution, greenhouse gas emissions which occur during the processing of food production, transportation, storage, and waste management [1,6]. In 2010, based on the U.S. Environmental Protection Agency (EPA) estimation, food waste accounted for around 21 percent of municipal solid waste, with around 97 percent of that waste going directly to landfills [1]. Fruits and

vegetables are the most frequently wasted foods, with more than half of harvested fruits and vegetables being lost [1]. It is estimated that around 6.5 million pounds of food, equivalent to approximately 27.8 million dollars, is wasted annually in Riley County [1]. This calculation was done by multiplying county population numbers by national per capita food waste [1]. Based on the Riley County Community Food Assessment conducted in 2018, the main top three reasons for food waste were signs of spoilage, past food expiration date or use by date, and too much food prepared, with 59.3 percent, 24.5 percent, and 6.3 percent respectively [10].

The Flint Hills Wellness Coalition (FHWC) formed in April 2011. The group was created to develop community norms supporting healthy behaviors and environments for the citizens of Manhattan and Riley County. Their mission is “to create a healthy, equitable community for our residents through policy, system, environmental, and personal change.” FHWC has different workgroups such as nutrition, active transportation, mental health, access and coordination of services, food and farm council, and advancing health equity in Riley County [9]. I joined FHWC as an intern in April 2019. I was member of Food and Farm Council (FFC) group. The mission of Food and Farm Council is “the Council provides a forum for local food issues and a platform for coordinated actions to create a more healthful food system.” [9]

I started working specifically with the FFC in mid-April 2019. My main purpose of joining them was to learn how we can bring changes in the system to reduce food waste and assist those who are food insecure. How can we bring sustainable changes by community members and stakeholders?

Moreover, as an international student coming from developing country, I wanted to follow the steps of the sustainable system changes as an observer. I wanted to see what challenges the USA, especially the Manhattan, Kansas community is facing and how solutions are found for it. I also wanted to practically and theoretically learn and take this lesson learn with me to my home country and see if I could find solutions for my home country’s problems by using the experiences from here. I joined the FFC exactly at the beginning stage when the process of identifying steps toward sustainable community changes was at the beginning phase.

More than 50 interviews were conducted with different community partners and stakeholders, and I was part of some of these interviews. The purpose of the interviews was to ask the perspective the partners about the current food system and if they were willing to take a part in the system changes. On September 16, 2019, more than 50 partners attended the “Food and Farm Council of Riley County and the City of Manhattan – Summit 2019”. This served as an informational, organizational meeting. In the second meeting of the partners summit, participants were asked to become member of any of the three-community action teams (CAT): education, food insecurity, and waste. The committees were created and since then work has progressed in each area. For instance, the Education CAT is working on Kitchen Restore, programs with the local Boys and Girls club, programs with targeted audiences (at risk, seniors, and others), and developing a plan for addressing one-time educational events. The Food Insecurity CAT is focusing on use of the ATA bus for Common Table access, increasing the number of Blessing Boxes locally, and increasing meal sites in the city/county. Lastly, the Waste CAT is planning to work with restaurant waste reduction champion program, and consumer waste reduction challenge. I served as a member of the Education CAT and the Waste CAT with personal involvement in different programs such as Kitchen Restore and the Ogden Community Free Meal.

My first mentor was Julie Gibbs, a volunteer member of FFC of FHWC. Gibbs has a Master of Public Health, and was working as director of Health Promotion at KSU’s Lafene Health Center. At the end of 2019, Gibbs became the director of the Riley County Health Department. Therefore, Vickie L. James became my mentor. Mrs. James is a Registered Dietitian Nutritionist with more than 25 years of experience in the field of public health. Many know her as the creator and national director of the Healthy Kids Challenge (HKC), an award-winning national nonprofit with a school/community-based approach for children’s’ health. Mrs. James has taken on the role of establishing a city and county appointed Food and Farm Council of Riley County and the City of Manhattan, Kansas. The Council has fifteen members who serve as advisors to both the City and County Commissioners and the hub for communication and networking in bringing partners together. One of Mrs. James’ passion is mentoring students.

## Chapter 2 - Learning Objectives and Program Description

I joined FFC of FHWC mid-April 2019 as an intern. The main learning objectives for my experience were:

- To demonstrate the ability to conduct focus groups and evaluate the outcome data
- Gain the competence in assisting and implementing formal interviews
- To develop strategies for the Kitchen Restore program
- Gain competence in developing and implementing community forums
- Identify and implement strategies for a consumer food waste education program

The first activity I was asked by FFC was to conduct a focus group discussion with international students of Kansas State University (KSU). The main purpose of this activity was to see what the problems and obstacles are faced regarding food, and food availability by international students after their arrival to Manhattan, Kansas. Along with my mentor, I reviewed the previously developed questionnaire and added some questions to it. We thought it would be instructive to gain information from international students (see appendix 1). Three focus group discussions were conducted with total of 14 international students at the International Student and Scholar Services of KSU. All the focus group discussions were led by me in the presence of one of my mentors to assess in recording the answers of the participants. Behind this activity was two main learning purposes for me. First, with me as an international student leading the focus group discussion, it would let the participants feel comfortable and openly express their opinions [19, 20]. Second, it would allow me to meet my internship objective of demonstrating the ability to conduct focus groups and evaluate the outcome data.

The second activity I was part of was shadowing my mentor Vickie L. James in conducting different interviews with numerous stakeholders and partners. The aim of those interviews was communicating with partners to learn their perspective of the current food system in Manhattan, and also, to see if they would be willing to be part of

bringing changes for improvement of this system. More than 50 interviews were conducted by different members of FFC with different partners and stakeholders. These interviews provided information for newly forming action teams to move forward.

In mid-September 2019, the first “Food and Farm Council of Riley County and the City of Manhattan – Summit 2019” took a place with participation of more than 50 partners and stakeholders. At the second meeting of the summit, partners were asked to join one of three community action teams (CATs). The CATs are education, food insecurity, and waste. In subsequent meetings, the CATs agreed on the frequency of the meetings and activities they would like to start working on.

Cooking more meals at home is shown to help stretch food budgets [17], but it is difficult to prepare a meal when you lack pots, pans, and other pieces of cooking equipment. Hence, Food and Farm Council created a small committee called the Kitchen Restore committee, which then merged as a subgroup of the education CAT. The Kitchen Restore program purpose was “a community donation initiative to redistribute gently used or new household kitchen tools and equipment to individuals and families in need” [9].

To start this initiative, I developed a flyer with content provided by the committee members. The flyer consists of information regarding drop off points, the list of kitchen items the program was accepting, and contact information regarding monetary donations and questions (see appendix 4A). Kitchen equipment was collected and put in a designated room at St. Patrick's Catholic Church Parish Hall in Ogden. At the beginning, based on word of mouth referral, small kits were organized and distributed to newly arrived families in Manhattan. Also, Ogden community members who were coming for the free meal organized once a month at St. Pat's Parish Hall could collect any needed items or contribute to the collected items. Beginning in 2020, the Kitchen Restore committee decided to review the flyer and adapt it based on current needs of the program (see appendix 4B). They also decided to conduct an inventory of all the items donated to the program and re-distribute them through kits provided to in need families. Therefore, I developed an inventory sheet for keeping track of the kitchen items (figure 2.1). After developing it I presented it to the committee members for their approval. Then another intern and I did the inventory. To keep the inventory easily

accessible for the committee members and safe, I uploaded the document to Google Excel doc.

Ogden Kitchen Restore Inventory(Spring 2020)											
Items	February		March		April		May		Total Donated	Total Out	Current Balance
	Available Balance	Donated	Out	Donated	Out	Donated	Out	Donated			
Electronic											
Microwave	2								0	0	2
Griddles	9								0	0	9
Coffee Makers	4		1						0	1	3
Slow Cookers	1								0	0	1
Electric Can Openers	2								0	0	2
Hand Mixers	1								0	0	1
Food Steamers	3								0	0	3
Electric Knife	1								0	0	1
Food Processor	1								0	0	1
Electric Burner	2								0	0	2
Electric Stove Top/Skillet	1		1						0	1	0
Baking											
Bread Pans	31		2						0	2	29
Cake/Cookie Sheet Pans	13		3						0	3	10
9x13/Square Pans	7		5						0	5	2
Casserole/Baking Dishes	4								0		4

Figure 2.1: Kitchen Restore Inventory in Google Excel doc

Another big community initiative that I was a part of is the Ogden Community Free Meal. On September 16, 2019, the Food and Farm Council, with the support of some of community members of Ogden, organized its first community meal in Ogden. FFC of Flint Hills Wellness Coalition began the meal and kitchen restore effort from Ogden as a start-up and pilot program. The aim was to see how this program might succeed and to try to cascade it to other towns and communities as well. Ogden was selected because it is a notably low-income area of Riley County. The data from 2015 show that approximately 2400 children (17.9%) lived in food insecure households, and around 13,690 individuals (18.2%) were food insecure in Riley County [1]. Ogden was also selected because it close to Manhattan where the FHWC was



## Ogden Community Free Meal

COMMUNITY DINNER

**All are welcome!**  
**Come enjoy good food and music!**

*Hosted by St. Pat's, Ogden Friendship House of Hope and Ogden elementary school staff and you!*



Second Monday every month, 6 PM - 7:30 PM  
Mark your calendar:

- January 13
- February 10
- March 16—St. Pats Day Meal
- April 13

Schedule for Summer:

- May 11
- June 8
- July 13
- August 10



**What to bring beside your appetite?**

- Bring a container to take home a left over...if we have any.
- Have an extra kitchen tool to share or swap? Bring that too.



**Where?** St. Pat's Parish Hall, 303 16th Street, Ogden, KS



**More information?**

Contacts: Cathy Austin, Ogden Friendship House, 537-5116  
Sharon Davis, St. Pat's, 539.7044

For regular updates check our Facebook page @ Ogden Community Meal

Feb 2020

Figure 2.2: Ogden Community Free Meal flyer for 2020

based, and it would be easy for them to monitor this pilot program. I developed a flyer for this activity and then updated it in January 2020, with new information.

The final objective of my Applied Practice Experience was to identify and implement strategies for a consumer food waste education program. To accomplish this objective, I became involved in the Ogden Community Free Meal and the waste community action team (CAT). FFC decided to organize community meals once in a month in Ogden, utilizing extra healthy food collected from local and contributing food pantries and programs such as “Ogden Friendship House of Hope” and “Harvesters.” The second phase of this program is to prepare meals from extra good food collected from KSU dining halls, local restaurants, and other place instead of House of Hope or Harvesters. I volunteered and helped other volunteers in preparation most of these meals.

The term “waste” is broad and includes many related topics. For instance, food recovery, wasted food at households, waste at restaurants, waste at dining halls, waste as recycling, and other solid waste. Therefore, at the beginning of establishment of waste CAT, members of this team were brainstorming on what to make their priority, and from where to start? The waste CAT come up with first two priority programs – the “Restaurant Waste Reduction Champion Program” and the “Consumer Education Program”. The “Restaurant Waste Reduction Champion Program” is about advocacy for waste management at the restaurants. For instance, to reduce the amount of food purchased also purchase more from local sources, serve smaller proportions, and to switch to bio-degradable packaging. The plan is to have at least five restaurants at the starter phase. The second program is “Consumer Education Program”. The goal of this program is to educate community members on waste management. The CAT team thought that it would be good to start from families and inside the family to target specifically the kids. Because younger generations are more motivated and get excited when get involved in activities, it would be useful to educate them on waste management and recycling, and through them bring it to their families and home. My role with waste CAT was participating in regular meetings, and sharing my suggestions and ideas.

## Chapter 3 - Results

Because I was involved in multiple programs, the outcomes and the results vary from program to program. However, the general main purpose was to apply what I have learned in classes into actual world practice.

**Focus group discussions (FGDs) with international students.** All the focus group discussions were led by me in the presence of one of my mentors to assist with recording the answers of the participants. The main goal of this activity had two learning outcomes. First, with me as an international student leading the focus group discussion, it would let the participants feel comfortable and openly express their opinions [19, 20]. Second, it would allow me to meet my internship objective of demonstrating the ability to conduct focus groups and evaluate the outcome data.

The key findings of FGD were; t international students, in addition to adapting to new culture and new style of life, face lots of problems with food accessibility, preparation, and storage. Some students requested education information sessions on how to store food. Lack of time for preparing healthy and good quality food due to students' busy lives was another obstacle for students. Recycling is something which most of the students were eager to do, but some of them either did not know how to do it, or did not have enough space in their apartments, or didn't know where to take it. They also suggested that if there were a small grocery store which was only walking distance from the Kansas State University (KSU) campus, it would really make food access easier.

I compiled the outcome of the discussions in a short report and shared with the FFC and the student chair for the FFC of KSU. Additionally, for the newly arrived fall 2019 international students, I developed a flyer with the information regarding resources available at Manhattan (see appendix 2). The flyer was not only developed for international students, but it was also shared with any student passing the booth. Many Americans students also did not know about the available resource on campus. For instance, at the "Health-a-Palooza" event organized on August 27, 2019 while distributing and explaining the flyer content to students, most of them did not know that there is free nutrition counseling available at Lafene Health Center. After realizing this, I

developed a short student guidebook on the food-related and general resources available on and off-campus. The book is still under revision by my mentor and is planned to be distributed to new students joining KSU each semester. It will be updated on an annual basis.

**Community action teams (CATs) establishment.** In September 2019, the first partners' summit was convened after we conducted interviews with approximately 75 local partners and stakeholders. In the second meeting of the summit, community action teams were created (CATs). The three CATs are education, food insecurity, and waste. Each of the CATs organized their separate meetings and identified different programs related to their area of focus.

I shadowed my mentor Mrs. James and participated in five partners' interviews. I learned how to approach partners, how to conduct interviews, and how to collect their opinions in an issue related to their community. Moreover, I helped the FFC in creating the invitation flyer for the partners' summit (see appendix 3). Observing the entire process from the beginning to this stage was an essential part of my learning process. As mentioned before, I wanted to see how this process would take place, what would be the outcome, and envision the possibility of applying something similar in my home country. Therefore, I was involved from the beginning to this stage. I also participated in the FFC monthly meetings, and based on need, the meetings for creating the CATs, discussion and decision-making about different programs, programs, and initiatives.

**The Kitchen Restore Initiative.** The Kitchen Restore initiative was one of other activities which I took part in from the beginning stage. The aim of this program was to help some families get rid of their extra kitchen equipment and to redistribute it to other families in need. In fall 2019, I developed the first flyer and the collection activity gradually started taking place. Once a month I went to St. Pat's Parish Hall of Ogden helping Sharon Davis, Kitchen Restore committee member, in organizing and categorizing the donated kitchen gear. Ogden was selected for this activity because after intensive county-wide search there was not any free space identified as available in Manhattan. The committee members are still doing the search by approaching different partners. This need was also added in the newly revised Kitchen Restore flyer of 2020. It was great to see how the gently used donated items were compiled in kits

and distributed to newly arrived families of Manhattan. I personally developed five kits, and with help of Mrs. Davis and donated them to newly arrived families.

**The Ogden Community Free Meal.** Ogden was selected because it falls under Riley County which is a notably low-income area of Riley County. The data from 2015 shows that approximately 2400 children (17.9%) lived in food insecure households, and around 13,690 individuals (18.2%) were food insecure in Riley County [1]. It was also selected because it close to Manhattan where the FHWC settled, and it easy for them to monitor this pilot program. The aim of providing this meal was not only to offer food but also to bring the community members together and create an interactive social environment at least once a month.

On average 60 to 80 people, including 20 to 25 children, participated in these monthly meals. At the beginning it was just meals provided to the community, but later children started to organize different activities and shows at the stage of St. Pat's Parish Hall of Ogden. Several music bands also started coming and playing music at these meals to make it joyful for the community members. From the start of this initiative, I helped Sharon Davis, who is a member of Kitchen Restore committee and also a leader for the Ogden Community Free Meal. I helped with creating and revising the flyer. I also helped in preparing the meals and distributing it to the participants. However, the most educational aspect for me was the startup of this initiative. I shadowed Mrs. Davis when she was having meetings with the Ogden community members and was seeking their opinions regarding how they were planning to start it. I learned from KIN 610, Program Planning and Evaluation, that if the program was started by community members for the community, those programs are more likely to remain sustainable. With the Ogden Community Free Meals, I observed this entire process and learned it in practice. The meals program is getting stronger day by day, and the number of participants and volunteers are increasing. There is not a specific sign-in sheet to count the members, however during each meal, head counts are done.

**The Waste CATs.** I was very eager to work on food waste from the beginning of my internship especially working with restaurants because in my home country there exists a similar situation. My home country is a developing country, which has faced four decades of war and it is still ongoing. The food there is not wasted at a household

level, but more at the restaurant level. The restaurants are in fact big wedding halls where most of the people are spending tremendous amount of money in preparing huge amounts of food for their wedding celebrations. Most of the food served in these occasions is not consumed, and that is because of its huge amount of serving. At the end of the wedding the food is just thrown away.

Therefore, I wanted to see how reduction of food waste could happen here in Manhattan, KS. My observation so far is that it is hard to start program like this but possible. It's hard because it is a step toward sustainable changes in the system. Additionally, I also observed that once the Waste CAT started its work, the members did not rush toward starting the programs or projects. Instead, they brainstormed for a couple of the meetings on what they wanted to do. They came up with two main programs to start -- "Restaurant Waste Reduction Champion Program" and "Consumer Education Program".

## **Chapter 4 - Discussion**

My Applied Practice Experience with the Food and Farm Council (FFC) of FHWC was not a specific study on a specific topic related to public health. It was rather a diverse learning experience with involvement in different programs in a different culture and environment from my home country, within the community of Manhattan, KS. However, each of the activities had a public health perspective or component. In addition, with helping in the development of different flyers and tools, I was personally involved in the designing of different community initiatives from discussion and idea phase, to planning phase, and then to actual implementation and evaluation phases. In this discussion part of the report I will discuss my findings, interpretation and observations for the different programs I was part of and involved with FFC. I will also express my perspective on the limitations I found for each study.

The focus group discussion (FGD) with international students was the first activity I was asked by FFC to do. I revised the questionnaire with my mentor, and we added some new questions to it. We asked the International Student Center at KSU to

share the email with all international students and request them to voluntarily participate in this discussion. Each student was promised a \$10 Farmers Market voucher for their participation. In total, 14 participants participated in three different discussions. Generally, the discussions went very well and revealed lots of problems faced by international students. The international student focus group data were referenced in all of these discussions primarily where related to food insecurity, transportation, access to food/healthy food, and recycling. The findings of this informal study were used in the creation of three main community action teams CATs: education, food insecurity, and waste. Also, because of the findings of FGDs I was asked to create flyer and short student guidebook with resource information in Manhattan. The flyer was distributed at “Health-a-Palooza” and event at KSU. When I was delivering the flyer to students, both international and American students showed interest and satisfaction with information provided in it. However, the limitation of this program I found is that it was an informal study without systematic design and participant selection for the FGDs. By the end of 2019 around 21,719 were enrolled at KSU, of which 1471 were international students [11, 12]. The 14-international student-participants revealed lots of problems faced by international students, but I believe that the findings are not representative of 1471 international students. I would highly recommend conducting more studies and research on this topic.

Shadowing my mentor for conducting interviews with partners was a great learning experience. I learned in this process how to communicate with different partners, and how to ask for their commitment of involvement for sustainable changes in the community. Then asking all the partners to come to a general summit meeting and dividing them in different CATs was also all a learning process for me. I personally did not observe any limitation in this process. By looking at “Food and Farm Council Partners at the Glance,” which is the list of the partners located on FHWC website, I noted that almost all the key partners were interviewed and have become involved in different CAT’s. The strength of the CATs is that the platform is open for everyone who wants to get involved because community work is adaptive work and not a technical issue which could be solved by one or two technical people.

From my KIN 610 “Program Planning and Evaluation” I learned that every program consists of initiation, planning, execution, monitoring and evaluation, and program closer phase. With Kitchen Restore program of FFC I saw most of these phases in practice. At the time I joined the FFC of FHWC there was just discussion on going about starting the Kitchen Restore. The discussions were about where to start the program, how to start it, how to spread the information, what would the strengths and weaknesses be of the program? And what would be the outcome?

Finally, in fall 2019, FFC members agreed to start the program as pilot at Ogden, KS I found this to be an amazing program, because it is really solving several problems in the community and issues related to environment. For instance, through this program we managed to help supply more than seven families with gently used kitchen gear. I personally helped five families. This helped financially stressed families to spend less money on kitchen equipment and better positioned to cook at home, which would stretch their food dollars.

The program reduces the waste produced when unwanted kitchen items are thrown in the trash. At the beginning of the program, we did not have an inventory of items coming in and out of the program. However, this problem was solved at the beginning of 2020. I created an inventory sheet with automatic formulas in Excel document, and went to Ogden with another intern to do actual physical counting of the item (see appendix 5). The only limitation that all the members of Kitchen Restore committee, including me, were aware of is that it would be better to have the program in Manhattan, because Manhattan is the home of KSU students. Every year more than 21 000 students’ study at KSU [11], some are coming, and some are leaving. The newly arrived students need kitchen gear, while students that are leaving usually want to get rid of it. The same path is followed between newly arrived families and leaving military families each year because of the nearby Fort Riley military base. Therefore, the purpose is how to create a cycle between these two. The members of Kitchen Restore committee are completely aware of the need for space and are continuing to search for an empty free place for this program within Manhattan.

Ogden Community Free Meal is great initiative for reduction of food waste and help to food insecure families. Ogden is part of Riley County. In 2014, around 18.5

percent of individuals in this county were struggling to get enough food, and about 20.6 percent children lived in households that were food insecure [1]. Moreover, in Ogden there is not any grocery store at all. The only store available there is Dollar General. The meals prepared from extra healthy food collected from food pantries and programs such as “House of Hope” and “Harvesters. My personal observations are that it is again one of the great programs of FFC initiatives. Benefits include the way that meals are prepared from extra left-over healthy food items, which helps to decrease the waste. Also, Ogden is a small town with less than 2000 individuals, based on Census Bureau figures released in December of 2019 [18]. Serving a small-town population for a pilot program is efficient. From its beginning till date, I helped in preparing in almost all the meals. I saw personally the transit and behavior of the community members coming to these meals. At the beginning it was just eating a meal, but now it is a more friendly, comfortable environment. On average 60 to 80 people, including 20 to 25 children, participate in these meals. This number of participants for the beginning and pilot stage of the program indicates good attendance. By sharing information about the meal through word of mouth, radio, and other methods, the number of participants is very likely to increase. Moreover, kids are doing different performances voluntarily on the stage of the hall, and eager to help with washing the dishes or any task delegated to them. Early childhood is a good stage for behavioral changes to become habits [21].

The limitations I found, first, is that the meal is only once in a month. Second, the program does not keep the track of who is coming from which part of Ogden. So, the question coming to mind is “Are we really serving people in need?” At the end of the meal an anonymous assessment could be conducted to see if they are using resources available for food insecure individuals. One of the questions in this assessment could be “how did you learn about the program?”. This way the most utilized method for information sharing could be bolstered to reach out to a broader audience of Ogden. Thirdly, the other limitation which might require higher policy level solution is “Does serving a meal provide a permanent solution?”. In answer to this question, I believe we are required to look for permanent solutions at the upstream level, more at the national government, and policy level. These actions could include reducing or eliminating the

taxes on healthy food and increasing tax on unhealthy food, increasing minimum wage in Kansas, decreasing housing costs , and many others.

Last, but not least, I want to discuss my involvement with waste and other CATs. As I mentioned before in this report, my main purpose of involvement with waste CAT was to see how the food waste at the restaurant level could be reduced here in the USA. The only limitation I found in this part is that things are moving a bit slow. For instance, the meetings organized once in a month. Some tasks are performed by specific members of the team. Those team members must wait to the next meeting to provide updates and move on to another part. This slowness is because all the members are full time employee in other places and have limited time. Nevertheless, the CAT members are not losing their motivation and seem eager to do as much as they can. This is also part of my learning. I learned that someone can be a full-time employee but still can-do great volunteer work for their community if they want to do it. And this kind of ideology does exist in very few people of my home country. However, I believe that behavior change is possible, and it is possible to bring volunteerism to my home country. Because it is a culture shift, it would require more time, patience, and resource compared to a developed country like the USA. Also, after obtaining my master's degree, in my home country I would be able to advocate for public health sustainable policy changes by working with international organizations and through them with the government.

In conclusion, I would like to say that this APE was a fruitful learning experience for me. All the programs I was part of were new experiences . Generally, all the FFC programs and initiatives are well designed. The programs started from ideas and long discussions, moved to pilot and actual implementation, and culminated to evaluation processes and cascading results. Yet, some efforts might require further studies and research, such as the FGDs with international students. I also learned that great work could be done by volunteer community members, however, in addition to financial resources it requires time, patience, commitment to follow-up and follow through from organizations and local government.

## Chapter 5 - Competencies

Below two tables illustrates the summary of MPH foundational and emphasis competencies I met through my Applied Practical Experience (APE) and Integrated Learning Experience (ILE) with FHWC.

### Student Attainment of MPH Foundational Competencies

**Table 5.1 Summary of MPH Foundational Competencies**

Number and Competency		Description
# 4	Interpret results of data analysis for public health research, policy or practice	I entered the data of three focus group discussions, which were conducted by me with international students. I have not done specific quantitative data analysis; however, I did the general review of the data. After which, I wrote a short report about the main outcome of the discussions and developed a flyer. The report? was distributed at different event such as Health-a-Palooza. I also developed an Ogden Community Kitchen Restore inventory sheet. I created an Excel document with some formulas doing the automatic calculation of the inventory. Aspects I learned from core classes such as Biostatistics helped me to accomplish these activities.
# 8	Apply awareness of cultural values and practices to the design or implementation of public health policies or programs	The Ogden Community Meal which is organized once in a month in Ogden is the great example of how the competency #8. With clear understanding of cultural values and practices in Ogden, a community free meal program started in August 2019 there. The program is ongoing successfully and will be continued. I am glad that I had a chance to see the program from the beginning, be part of it, and observe how by applying the competency #8 the program could be successful.
# 13	Propose strategies to identify stakeholders and build coalitions	In the month of September 2019, FHWC organized its first partners and stakeholder summit. More than 50

	and partnerships for influencing public health outcomes	<p>partners were present in that meeting. I cannot say that I specifically suggested a certain partnership for that summit, however, if I had a suggestion regarding any activity, I have never hesitated to share, and my mentor always encouraged my input and participation in the process</p> <p>After the summit all the partners were divided into three different community action teams (CATs). I learned a great deal by being the member of Waste CAT and Education CAT.</p>
# 14	Advocate for political, social or economic policies and programs that will improve health in diverse populations	After conducting focus group discussions with international students, the problems they were facing was shared with FHWC and through them with the international student center.
# 21	Perform effectively on interprofessional teams	<p>Working with FHWC members and especially with Vickie L. James was great privilege for me. Mrs. James was not only a mentor but also a good friend with great patience, who was willing to help with every single big and small thing.</p> <p>Moreover, I got a chance to get to know better and closer the great members of FHWC, each of whom has a busy schedule but was still present at all meetings with great passion</p> <p>Through the summit organized in September of 2019, I got a chance to meet the bigger community of Manhattan, different partners, and stakeholders.</p>

## Student Attainment of MPH Emphasis Area Competencies

**Table 5.2 Summary of MPH Emphasis Area Competencies**

<b>MPH Emphasis Area: Nutrition</b>	
<b>Number and Competency</b>	<b>Description</b>

1	<i>Information literacy of public health nutrition</i>	Inform public health practice through analysis of evidence-based policy, systems, and environmental change.
2	<i>Compare and relate research into practice</i>	Examine chronic disease surveillance, policy, program planning and evaluation, and program management, in the context of public health nutrition.
3	<i>Population-based health administration</i>	Critically examine population-based nutrition programs.
4	<i>Analysis of human nutrition principles</i>	Examine epidemiological concepts of human nutrition in order to improve population health and reduce disease risk.
5	<i>Analysis of nutrition epidemiology</i>	Describe criteria for validity in nutritional epidemiological methodology.

*1. Information literacy of public health nutrition:* During my time as an MPH student, in MPH 720, Administration of Health Care Organization, I learned how much holistic health is important. In MPH 802, Environmental Health, the subject was consistently emphasizing on how the waste and different metals can have negative impacts on environment and through environment on human's health. Kitchen Restore and Ogden Free Community Meals are the programs which were emphasizing on the reduction of waste and encouraging more for reduce, reuse, and recycle [13]. The programs are just at very beginning stages and there is not any specific assessment or study conducted to look on the environmental impact and inform public health practice about.

Moreover, in FNDH 600, Public Health Nutrition, I learned what it means to be food insecure [14]. In Ogden Community Free Meal, there is not exact data available on how

food insecure this community members are. The only information available is that there is not any grocery store and that in general the population is food insecure. From my point of view, if only one person from the participants is food insecure and the Ogden Community Free meal is helping him/her with that one meal in a month, that is change or step toward the change. However, more work needs to be done the government and policy level to serve underserved community and create more sustainable approaches. Among the classes FNDH 880 and FNDH 600 also helped me a lot in doing presentations for the programs in a professional way at the different forums. I was consistently updating Kitchen Restore committee members on the updates with program progress.

PSYCH 535, Social Psychology was helpful for me, and I saw in practice some of the theories I learned in class. One of the research-based theories from this class was saying that people's behaviors sometimes depend on the presence of other people. As with Kitchen Restore program, at the beginning there were few donations of kitchen items. However, later the numbers of items increased. There is also possibility that the info about the program was spreading and people were becoming more aware and wanted to contribute. But I also think that when people were seeing other people donating the items, they decide to contribute too.

*2. Compare and relate research into practice:* One of the classes which helped me a lot with involvement in different programs of FFC from beginning stage is KIN 610 Program Planning and Evaluation. The class is about theories, models, the stages and activities of planning, implementing, and evaluating health promotion programs. The main assignment of this class was to create a portfolio for a community program. My teammates and I designed a program for the community, taking into consideration all the program planning and evaluation stages. But that program and assignment was just an imaginary program. With the Kitchen Restore and Ogden Community Free Meal programs of Food Farm Council of FHC, I saw in practice all the stages of Program Planning and Evaluation. For both programs we started with planning phase, then we looked at the anticipated outcomes, followed by setting goals and objectives, intervention strategies, marketing programs (creating flyers for the programs), identifying program resources, and program implementation. The programs are at the beginning stage and final evaluation of the programs have not been done yet. But tools to evaluate the programs are in the process of implementation. For instance, I created an inventory sheet for Kitchen Restore program. The inventory sheet is very simple and straight forward with some basic formulas which do the automatic calculation. I also

added “read me” section for future interns to read and know how the formulas are made and working. With this inventory sheet, at the end of each year an evaluation of the program could be done very easily. Evaluation would help to identify the strengths and weaknesses of the program.

3. *Analysis of nutrition epidemiology:* In FNDH 844 Nutritional Epidemiology we looked at different study types and when one could be generalized to the general population. I learned how much the internal and external validity is important for a study. Internal validity means the accuracy of a study’s findings regarding the study subjects [15]. While external validity means the generalizability of a study’s findings to persons other than the study subjects [15]. In my APE I have not conducted any specific research or study. However, I had FGDs with international students regarding their experience with resources available in Manhattan, KS. As I mentioned in the discussion part of this report (see chapter 3 and 4), the sample of the focus group is very small (14 people only). The outcome of this FGDs is not externally valid because it just represents one percent of all international students. However, the findings are valuable, and steps need to be taken for further studies and research in this regard.

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# Appendix

## Appendix 1: International Students Focus Group Discussions questionnaire

Kansas State Food Focus Group  
5/1/2019  
Facilitator: Ariana Achakzai  
Recorder: Julie Gibbs

**Goal:** learn about the strengths, weaknesses and opportunities in our local food system

**Why are we doing this?** To hear from community members and K-State students living on and off campus. We also want to build relationships and connections with community groups/members. Finally, to collect qualitative data that accompanies of survey data.

The coalition will create a summary of focus group findings to share with the public. No names will be associated with the results. How do participants want to receive the results? Email? Paper copies?

\*Have everyone sign the consent form before beginning

Definitions to discuss and be included on a half sheet

*Healthy foods* – A working definition – A diet that that consists of fruits, vegetables, whole grains, low-fat dairy and lean meats, dried beans, and eggs as the basics with limited amounts of high sugar, high fat and processed/packaged foods.

*Local foods* – Foods that are grown or raised in a geographic area close to where they are purchased. There is not exact mile limitation to define this but often within a 100 miles as opposed to foods that came from thousands of miles and states away from where purchased.

Questions

**Who is in the room? (Introduce yourself and tell us a little about why you're here.)**

- Grad student/works on campus
- Alumni and advisor for fraternity
- Health Educator at Lafene and works with peer educators.
- Grad student involved with cats cupboard
- Alumni and lab tech on campus
- Board member of Cat's cupboard
- K-state employee with one on one interaction with students.
- Masters student.
- Employee at the office of registrar
- PHD student

1. How important is it to you to eat healthy? How important is it for you to eat locally sourced foods? (Go around the room and ask)

- 1 – Not at all important
- 2 – Low importance
- 3 – Slightly important
- 4 – Neutral
- 5 – Moderately important
- 6 – Very important
- 7 – Extremely important

2. If cost wasn't a barrier, what would be the biggest barrier to eating healthy?

3. What is most important to you about our food options and availability in the Manhattan area?

4. Where do you get your food (most often)? Could be a grocery store, convenience store, food assistance, ect. Why do you buy food there and not somewhere else?

5. How do you get there? Do you use the aTa public transportation bus to get food? What was your experience? What would increase your likelihood of using aTa to access food?

6. What would you like to see changed in your community around food?

7. How easy or how difficult is it for you to eat five servings of fruits or vegetables one being very difficult and five being very easy? What makes it easy or what makes it difficult? Scale 1- Very difficult 2- difficult 3-neutral 4- easy 5-very easy

9. What is your most common reason for throwing away food?

10. Do you recycle? Why or why not? What makes it easy or what makes it difficult to recycle?

11. Do you know about the Cats Cupboard? If yes, how did you hear about it?

12. Are you lacking any kitchen utensils or equipment that would make food preparation easier for you?

13. Any more feedback for us?

**Appendix 2: Health-a-Palooza flyer**



**READ ME!!!**  
**MANHATTAN**  
**NUTRITION**  
**RESOURCES**



**FREE NUTRITION COUNSELING**

Do you have concerns about your diet? Contact the dietitian at Lafene Health Center and get free counseling!  
**Phone:** 785-532-6544  
Lafene Health Center  
1105 Sunset Avenue, Manhattan  
**website:** [www.k-state.edu/lafene/services/nutrition](http://www.k-state.edu/lafene/services/nutrition)

**FREE FOOD PANTRY**

Cats' Cupboard  
**Phone:** 785-532-0366 / 785-532-6108  
Kansas State University, 009 Fairchild Hall  
1601 Vattier Street, Manhattan  
**Website:** [www.k-state.edu/cats-cupboard](http://www.k-state.edu/cats-cupboard)



BreadBasket  
**Phone:** (785) 537-0730  
905 Yuma Street, Manhattan  
**Website:** [www.flinthillsbreadbasket.org](http://www.flinthillsbreadbasket.org)

**HALAL MEAT RESOURCES**

Manhattan Islamic Center  
**Phone:** (785) 340-7053  
1224 Hylton Heights Rd  
**Website:** [www.facebook.com/icmmanhattan](http://www.facebook.com/icmmanhattan)



Manhattan Meat Market  
**Phone:** (785) 712-2888  
307 Seth Child Rd  
**Web:** [www.mhkmeats.com](http://www.mhkmeats.com)

**Note:** there are many shops in Kansas City selling Halal meat with very reasonable prices

**SPECIFIC SPICES AND FOOD ITEMS**

**Manhattan:**  
Asian Market  
**Phone:** (785) 320-5177  
2304 Stagg Hill Rd suite d  
**Web:** [www.facebook.com/asianmarketmhk](http://www.facebook.com/asianmarketmhk)

Yi's Oriental Market  
**Phone:** (785) 539-5849  
1030 Colorado St  
**Web:** [www.facebook.com/YisOrientalMarket](http://www.facebook.com/YisOrientalMarket)

**Outside Manhattan:**  
Pan Asian Market  
**Phone:** (913) 345-9001  
11940 Metcalf Ave, Overland Park, KS 66213  
**Web:** [www.panasiamarket.com](http://www.panasiamarket.com)

Pak Halal  
**Phone:** (913) 599-0700  
12259 W 87th St Pkwy, Lenexa, KS 66215  
**Web:** [www.pakhalalinternational.com](http://www.pakhalalinternational.com)



IF YOU NEED MORE INFORMATION, PLEASE REACH OUT TO THE  
FLINT HILLS WELLNESS COALITION AT  
785-776-4779 EXT 7612  
PLEASE VISIT OUR WEBSITE AT [WWW.FLINTHILLSWELLNESS.ORG](http://WWW.FLINTHILLSWELLNESS.ORG)  
AUG 2019

**Appendix 3:** Food and Farm Council of Riley County and City of Manhattan Lead Partner Summit flyer



***Food and Farm Council of Riley  
County and City of Manhattan  
Lead Partner Summit***

**COME & HELP CREATE SOLUTIONS  
TO STRENGTHEN OUR FOOD  
SYSTEM**

*September 16 , 2019*

*11 AM -2 PM*

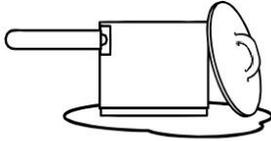
*1800 Kimball, KSU Foundation*

*Lunch will be provided*

*Questions? Contact Vickie James, Council  
Coordinator [vickiejames8955@gmail.com](mailto:vickiejames8955@gmail.com)*



**Appendix 4(A): Kitchen Restore first flyer**



# Kitchen Restore



A community donation initiative to redistribute gently used or new household kitchen tools and equipment to individuals and families in need.

**WHAT CAN YOU DO TO HELP? Donate and challenge others to do the same!**  
Donations for our **Fall drive** are being taken **Now** through **November 30, 2019**

### Drop off locations:

**First United Methodist Church (FUMC)**  
612 Poyntz Ave – Enter 6<sup>th</sup> street side door  
Donation bins behind reception desk.  
Hours: Monday - Thursday 9am-5pm  
Friday 9am-4pm

**Riley County Extension Office**  
110 Courthouse Plaza, 2nd floor  
Hours: 8am - 5pm Monday - Friday

**NE Area Extension Office,**  
1007 Throckmorton Hall - SW Corner 1<sup>st</sup> Floor  
Hours: 8am - 5pm Monday - Friday

### Items we can accept:

- Working small electrical appliances: microwave ovens, griddles, skillets, slow cookers, hand mixers (include use guides if available)
- Stove top cookware: Dutch ovens, small and large saucepans, soup pots
- Oven bake ware: bread pans, cookie sheet pans, 9x13 and square pans, casserole baking dishes, pie pans, pizza pans
- Mixing bowls
- Colanders
- Mixing and serving spoons, spatulas, ladles
- Measuring tools - dry cups, liquid cups, measuring spoons
- Handheld can openers
- Knives-- utility, paring, bread and serrated slicing
- Storage containers and lids
- Cutting boards (prefer new)
- NO single use wares, please



MONETARY DONATIONS FOR PURCHASING ITEMS ARE GREAT TOO! Checks can be written to Riley County Health Department

2030 Tecumseh Rd Manhattan, KS 66502  
Memo: FFC/Kitchen Restore Fund

Inquiries contact Sharon Davis 785-539-7044 [hbadavis@gmail.com](mailto:hbadavis@gmail.com)

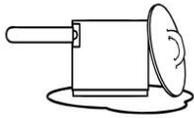
or Sharolyn Jackson [sharolyn@ksu.edu](mailto:sharolyn@ksu.edu)

<http://www.flinthillswellness.org/nutrition-workgroup.cfm>

October 2019



**Appendix 4(B):** Kitchen Restore revised flyer



# Kitchen Restore



Mission: A community donation initiative to provide gently used or new household kitchen tools, starter kits, and equipment to individuals and families.

**WHAT CAN YOU DO TO HELP?** Donate and challenge others to do the same!

**WHY?** More than 100 Riley County families are in need of starter kitchen items to cook at home.

**THREE WAYS TO CONTRIBUTE:**

1. Donate gently used or new household kitchen tools and equipment at one of the drop off locations
2. Cash donation (checks can be written to Riley County Health Department ,2030 Tecumseh Rd Manhattan, KS 66502. Memo: Kitchen Restore Fund) Kits cost \$100. Any donation welcome, small or large!!
3. Donate an operating space for Kitchen Restore to store donations and assemble kits



**Drop off locations:**

**First United Methodist Church (FUMC)**  
612 Poyntz Ave—Enter 6<sup>th</sup> street side door  
Donation bins behind reception desk.  
Hours: Monday - Thursday 9am-5pm  
Friday 9am-4pm

**Riley County Extension Office**  
110 Courthouse Plaza, 2nd floor  
Hours: 8am - 5pm Monday - Friday

**NE Area Extension Office,**  
1007 Throckmorton Hall - SW Corner 1<sup>st</sup> Floor  
Hours: 8am - 5pm Monday - Friday

**Items we can accept:**

- Working small electrical appliances: microwave ovens, griddles, skillets, slow cookers, hand mixers (include use guides if available)
- Stove top cookware: Dutch ovens, small and large saucepans, soup pots
- Oven bake ware: bread pans, cookie sheet pans, 9x13 and square pans, casserole baking dishes, pie pans, pizza pans
- Mixing bowls
- Colanders
- Mixing and serving spoons, spatulas, ladles
- Measuring tools - dry cups, liquid cups, measuring spoons
- Handheld can openers
- Knives-- utility, paring, bread and serrated slicing
- Storage containers and lids
- Cutting boards (prefer new)
- Potholders/Dish towels
- NO single use wares, please



Inquiries: Contact Sharon Davis 785-539-7044 [hbadavis@gmail.com](mailto:hbadavis@gmail.com)  
or Karen Hummel [kchummel1@gmail.com](mailto:kchummel1@gmail.com)  
<http://www.flinthillswellness.org/nutrition-workgroup.cfm>



February 2020



**Appendix 5(B): Kitchen Restore Inventory Sheet in Google doc**

Ogden Kitchen Restore Inventory\_12 Feb 2020 .XLSX ☆ Share

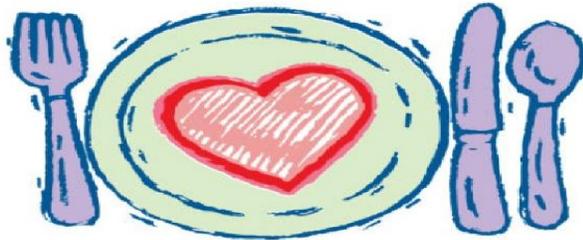
File Edit View Insert Format Data Tools Help Last edit was on February 19

100% \$ % .0 .00 123 Trebuchet ... 14 B I S A

Ogden Kitchen Restore Inventory(Spring 2020)											
Items	February		March		April		May		Total Donated	Total Out	Current Balance
	Available Balance	Donated	Out	Donated	Out	Donated	Out	Donated			
Microwave	2								0	0	2
Griddles	9								0	0	9
Coffee Makers	4		1						0	1	3
Slow Cookers	1								0	0	1
Electric Can Openers	2								0	0	2
Hand Mixers	1								0	0	1
Food Steamers	3								0	0	3
Electric Knife	1								0	0	1
Food Processor	1								0	0	1
Electric Burner	2								0	0	2
Electric Stove Top/Skillet	1		1						0	1	0
Baking									0	0	0
Bread Pans	31		2						0	2	29
Cake/Cookie Sheet Pans	13		3						0	3	10
9X13/Square Pans	7		5						0	5	2
Commercial Baking Dish	4		4						0	4	0

Spring 2020 Summer 2020 Fall & Winter 2020 Read me Explore

**Appendix 6:** Ogden Community Free Meal flyer for 2019, front and back pages



## COMMUNITY DINNER

COME & ENJOY!

# OGDEN COMMUNITY MEAL

**SECOND MONDAYS**  
ST. PAT'S PARISH HALL  
303 16TH STREET  
(YUP, UP HILL FROM THE  
HOUSE CAFE )  
6:30 TO 7:30 PM

## MARK YOUR CALENDAR!

**Mondays we'll serve in 2019 are:**

- September 16
- October 14
- November 11
- December 9



**When possible, we'll feature local talent on the St. Pat's stage.**

Hosted by St.Pat's Parish, Ogden Friendship House of Hope,  
School staff and you!

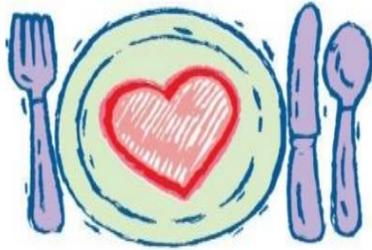
**What to bring beside your appetite?**

- Bring a container to take home a left over...if we have any.
- Have an extra kitchen tool to share or swap? Bring that too.

FOR MORE INFORMATION CONTACT:  
Cathy Austin  
Ogden Friendship House  
cathy19ofhoh@gmail.com  
537- 5116

Sharon Davis  
St. Pat's  
hbadavis@gmail.com  
539- 7044

Sep 2019

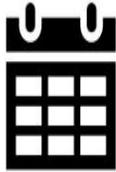


# Ogden Community Free Meal

COMMUNITY DINNER

**All are welcome!**  
**Come enjoy good food and music!**

*Hosted by St. Pat's, Ogden Friendship House of Hope and Ogden elementary school staff and you!*



**Second Monday every month, 6 PM - 7:30 PM**

Mark your calendar:

- January 13
- February 10
- March 16—St. Pats Day Meal
- April 13

Schedule for Summer:

- May 11
- June 8
- July 13
- August 10



**What to bring beside your appetite?**

- Bring a container to take home a left over...if we have any.
- Have an extra kitchen tool to share or swap? Bring that too.



**Where?** St. Pat's Parish Hall, 303 16th Street, Ogden, KS



**More information?**

Contacts: Cathy Austin, Ogden Friendship House, 537-5116  
Sharon Davis, St. Pat's, 539.7044

For regular updates check our Facebook page @ Ogden Community Meal

Feb 2020

