

# Nutrition Outreach Efforts Through the Manhattan/Riley County Food and Farm Council

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Master of Public Health | Nutrition  
Kansas State University



## Background



## Applied Practice Experience (APE)

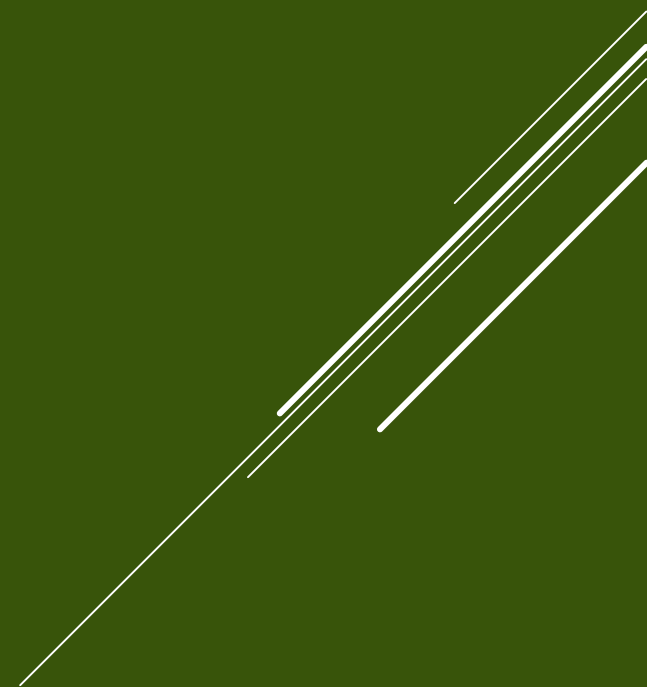
- Focus Group Discussions
- Community Action Teams (CATs)
- Kitchen Restore Initiative
- Ogden Community Free Meal



## MPH Competencies & Products

OUTLINE

# BACKGROUND



# FOOD INSECURITY

- 27% of the global population experience food insecurity<sup>(4)</sup>
- In 2015, over 6.9 million households experienced very low food security in the USA<sup>(3)</sup>
- In 2013, 16.5 % or 183,000 households in Kansas were food insecure<sup>(2)</sup>
- In 2014, around 18.5% or 13,760 individuals in Riley County were food insecure<sup>(1)</sup>

# FOOD WASTE

- 1/3  $\approx$  1.3 billion tons of food per year produced for human consumption is wasted<sub>(5,6)</sub>
- 25 % of food purchased by Americans is thrown away<sub>(1)</sub>
- Estimated cost is between \$1,350 and \$2,275/year for family of 4<sub>(1)</sub>
- 6.5M lbs of food = \$ 27.8M in Riley County<sub>(1)</sub>
- Impacts the environment<sub>(1,6)</sub>
  - $\approx$  21% of municipal solid waste
  - $\approx$  97 % directly goes to landfills

# APPLIED PRACTICE EXPERIENCE (APE)





# FLINT HILLS WELLNESS COALITION

- Established in April 2011

Mission: "to create a healthy, equitable community for our residents through policy, system, environmental, and personal change"



# FOOD & FARM COUNCIL

- Established in 2018

Mission: "the Council provides a forum for local food issues and a platform for coordinated actions to create a more healthful food system"

# FOCUS GROUP DISCUSSIONS WITH INTERNATIONAL STUDENTS



## ➤ My objectives:

- Let the participants feel comfortable
  - Demonstrate the ability to conduct focus groups and evaluate the outcome data
- ## ➤ 3 focus group discussions with total of 14 participants
- \$10 Farmers Market voucher





Food accessibility, preparation, and storage



Educational information sessions on how to store the food



Lack of time for preparing healthy and good quality food due to students' busy lives



Recycling

Do not know how to do it

Do not have enough space in their apartments

Do not know where to take it



Suggestion of having walking distance grocery store from the Kansas State University (KSU) campus

OUTCOME



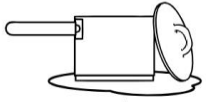
# ACTION

- “Health-a-Palooza” flyer
- Student Guidebook
- Community Action Teams(CATs)

# LIMITATIONS

- Findings might not be representative
- Further studies needed

# KITCHEN RESTORE INITIATIVE



## 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



DONATE

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



- Started September 2019
- 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 of it
- To encourage (remove barriers preventing) low-income families to cook more
- Reduce waste

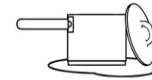
# KITCHEN RESTORE INITIATIVE(2)



[www.facebook.com/OgdenCommunityMeal](https://www.facebook.com/OgdenCommunityMeal)

# LIMITATION

## ➤ Location



### 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



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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

# OGDEN COMMUNITY FREE MEAL

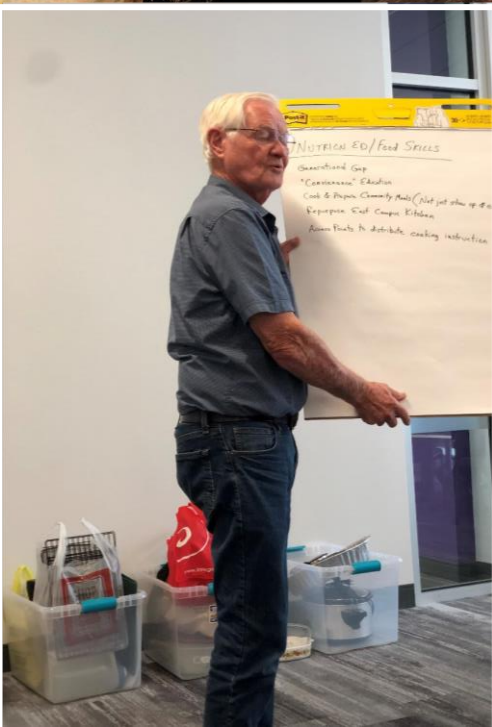


[www.facebook.com/OgdenCommunityMeal](http://www.facebook.com/OgdenCommunityMeal)

- Once a month (every second Monday)
- Average 60–80 participants, including 20–25 children

## LIMITATIONS

- Meal only once a month
- Are we really serving people in need?
- Is serving a meal a sustainable solution?



# COMMUNITY ACTION TEAMS (CATS)

- Interviews with more than 50 partners and stakeholders
- “Food and Farm Council of Riley County and the City of Manhattan Summit 2019”
- CATs
  - Education(Kitchen Restore)
  - Food insecurity
  - Waste

# WASTE CATs

- I was highly interested in it
- “Restaurant Waste Reduction Champion Program”
- “Consumer Education Program”

## LIMITATION

➤ Things are moving a bit slow



# MPH COMPETENCIES & PRODUCTS





# #4 Interpret results of data analysis for public health research, policy or practice

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 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

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?

2

*Focus group discussions with international students questionnaire*

# #4 Interpret results of data analysis for public health research, policy or practice



## READ ME!!! MANHATTAN NUTRITION RESOURCES

### ASK A DIETITIAN

#### 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 Vattler 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/lcmmanhattan](http://www.facebook.com/lcmmanhattan)

**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

Flyer for "Health Palooza" event

# #4 Interpret results of data analysis for public health research, policy or practice

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

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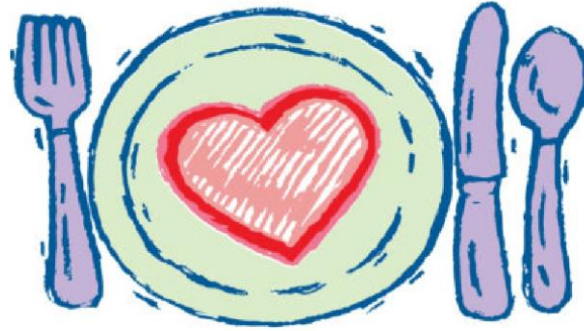
Ogden Kitchen Restore Inventory(Spring 2020)

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
1	Ogden Kitchen Restore Inventory(Spring 2020)															
2	Items	February		March		April		May		Total Donated	Total Out	Current Balance				
3	Electronic	Available Balance	Donated	Out	Donated	Out	Donated	Out	Donated	Out			Total Donated	Total Out	Current Balance	
5	Microwave	2											0	0	2	
6	Griddles	9											0	0	9	
7	Coffee Makers	4		1									0	1	3	
8	Slow Cookers	1											0	0	1	
9	Electric Can Openers	2											0	0	2	
10	Hand Mixers	1											0	0	1	
11	Food Steamers	3											0	0	3	
12	Electric Knife	1											0	0	1	
13	Food Processor	1											0	0	1	
14	Electric Burner	2											0	0	2	
15	Electric Stove Top/Skillet	1		1									0	1	0	
16	Baking												0	0	0	
17	Bread Pans	31		2									0	2	29	
18	Cake/Cookie Sheet Pans	13		3									0	3	10	
19	9x13/Square Pans	7		5									0	5	2	
20	Casserole Baking Dishes	11		4									0	4	7	

Spring 2020 Summer 2020 Fall & Winter 2020 Read me Explore

Ogden Kitchen Restore inventory sheet

#8 Apply awareness of cultural values and practices to the design or implementation of public health policies or programs



## 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 (first flyer)*

# #8 Apply awareness of cultural values and practices to the design or implementation of public health policies or programs



COMMUNITY DINNER

## Ogden Community Free Meal

**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

*Ogden Community Free Meal(updated flyer)*

# #8 Apply awareness of cultural values and practices to the design or implementation of public health policies or programs



## Kitchen Restore



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

October 2019






## 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!
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February 2020




Kitchen Restore flyer then and now

# #14 Advocate for political, social or economic policies and programs that will improve health in diverse populations

## Reduction of Food Waste

"Save Food, Don't Waste"  
A Community Collaborative Approach With Relevant Stakeholders  
in Manhattan and Riley County, Kansas



Ariana Achakzai BS, MPH  
Sandy Procter PhD, RD/LD  
Vickie L. James, RDN, LD

### Introduction

The Flint Hills Wellness Coalition has conducted interviews with 50+ stakeholders to determine feasibility of decreasing local food waste and food insecurity. Community Action Team5 (CAT5) plan of work includes a household and restaurant food waste reduction campaign and a community wide donation initiative for redistribution of basic kitchen equipment to families in transition.

### Objectives

- To identify relevant stakeholders and create a collaborative approach for food waste reduction
- To support families in transition through nutrition education and supplementation with donated kitchen gear

### Methods

- Stakeholder interviews
- Round table discussions
- Community action teams
- Community wide food waste reduction campaign
- Community food recovery system
- Piloting and evaluation of the program



### Acknowledgements

Kansas State University  
Kansas State University  
College of Health and Human Services

### THE FOOD WE WASTE

**1/3** OF ALL FOOD PRODUCE IN THE WORLD IS WASTED  
**40%** OF ALL FOOD PRODUCE IN THE U.S. IS WASTED

**1.3 Billion Tons** Annual food waste in the U.S. that is enough to feed 100 million people

**What We Waste in the United States of America**  
**240 lbs.** The amount of food an average American throws away every day  
**\$2,275** The cost of food an average American throws away every day

**1 Billion** Pounds of organic food waste  
**1.5 Billion** Pounds of the world's food waste  
**400 Million** Pounds of food waste that could be used for animal feed

### RILEY COUNTY

#### Results

- 4 Community Action Team5 focusing on
  - Communication and Networking
  - Food Insecurity
  - Food Waste
  - Food Skills
- Additional free meal sites in rural communities
- Kitchen Restore donations in process and redistribution beginning in November
- Boys and Girls Club food skills program led by KSU WIGCAT Ambassadors
- International student food resource guide

### Discussions

- Composting and recycling education
- Food scrap drop off points for animal feed
- Target group-oriented education
- Access to resources (free meals, pantries, stores, health care...)
- Communication and collaboration amongst partners
- Complexity of a wide based food recovery system



### Limitations

- Commitment of the partners
- Funding
- Willingness to collaborate

### References

- <https://cchealth.org/eh/food/donation.php>
- [http://www.flinthillswellness.org/pdf/Riley\\_Co\\_Food\\_System\\_Assessment\\_FINAL.pdf](http://www.flinthillswellness.org/pdf/Riley_Co_Food_System_Assessment_FINAL.pdf)

### Results (Bar Chart)

Household Food Insecurity Rate, 2010-2015

Year	Household Food Insecurity Rate (%)
2010	16.2
2011	16.2
2012	16.2
2013	16.2
2014	16.2
2015	16.2

Source: USDA national average 12% Food Security Survey

Food insecurity in the United States has increased since 2003, with the level in Kansas even higher. Approximately 18.2% of Riley County residents (13,690 individuals) were food insecure in 2015. About one in six children (17.9%, or 2,400 children) in Riley County lived in households which were food insecure (Riley County Food System Report).

- *Focus group data were shared with FHWC and International Students and Scholar Service (ISSS)*
- *Advocating for further studies through APE report*

## #21 Perform effectively on interprofessional teams



- *Working with mentor Vickie L. James*
- *Knowing and working closer with FFC of FHWC*
- *Meeting and working with local partners and stakeholders through summits and CATs*
- *Ogden Community Free Meal*



# SUMMARY OF MPH EMPHASIS AREA COMPETENCIES

## MPH Emphasis Area: Nutrition

<u>No</u>	<u>Competency</u>	<u>Description</u>
1	Information literacy of public health nutrition	Inform public health practice through analysis of evidence-based policy, systems, and environmental change.
2	Compare and relate research into practice	Examine chronic disease surveillance, policy, program planning and evaluation, and program management, in the context of public health nutrition.
3	Population-based health administration	Critically examine population-based nutrition programs.
4	Analysis of human nutrition principles	Examine epidemiological concepts of human nutrition in order to improve population health and reduce disease risk.
5	Analysis of nutrition epidemiology	Describe criteria for validity in nutritional epidemiological methodology.

# SUMMARY OF MPH EMPHASIS AREA COMPETENCIES

The one applicable to my APE

## MPH Emphasis Area: Nutrition

<u>No</u>	<u>Competency</u>	<u>Description</u>
1	Information literacy of public health nutrition	Inform public health practice through analysis of evidence-based policy, systems, and environmental change.
2	Compare and relate research into practice	Examine chronic disease surveillance, policy, program planning and evaluation, and program management, in the context of public health nutrition.
5	Analysis of nutrition epidemiology	Describe criteria for validity in nutritional epidemiological methodology.

# #1 INFORMATION LITERACY OF PUBLIC HEALTH NUTRITION

 MPH 720 Administration of Health Care Organization => Holistic Health

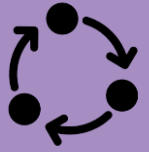
 MPH 802 Environmental Health => Waste Impact on Environment

 FNDH 600 Public Health Nutrition => Food Insecurity

 FNDH 880 Graduate Seminar in Human Nutrition & FNDH 884 Nutritional Epidemiology => Presentations

 Social Psychology PSYCH 535 => The effect of other people on individual and group human behavior

# #2 COMPARE AND RELATE RESEARCH INTO PRACTICE



KIN 610 Program Planning and Evaluation => From idea to implementation, to evaluation

Assessing  
needs



Setting  
goals and  
objectives



Developing  
an  
intervention



Implementing  
the  
intervention



Evaluating  
the  
results

From KIN 610 slides

# #5 ANALYSIS OF NUTRITION EPIDEMIOLOGY



FNDH 844 Nutritional Epidemiology => Studies validity



# تشكرا! مننه!! THANK YOU!



- Mentor: Vickie L. James and FFC of FHWC
- Major advisor: Dr. Sandy Procter
- MPH Committee: Dr. Richard Rosenkranz, Dr. Ellyn Mulcahy
- KSU and KSU Masters of Public Health Program: Dr. Ellyn Mulcahy and Barta Stevenson
- Friends(Patty) and Classmates
- Family

QUESTIONS?

The image features a dark green background with a vertical gradient, being darker on the left and lighter on the right. In the center, the word "QUESTIONS?" is written in a white, serif font. In the bottom right corner, there are several thin, white, parallel lines that appear to be part of a larger graphic or design element.

Please Do Not  
Confuse Your  
**Google**  
Search  
With My

Nutrition Degree





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