



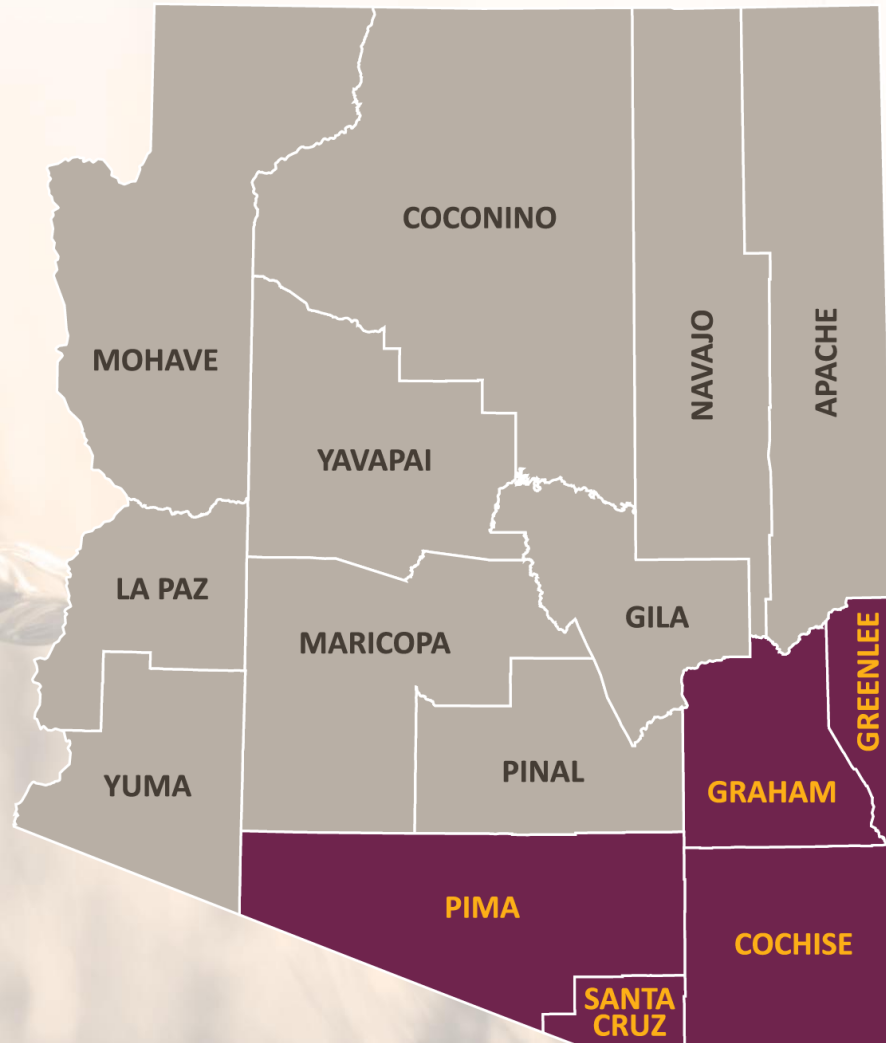
COMMUNITY
FOOD BANK
OF SOUTHERN ARIZONA

Food Quality in Food Assistance/Emergency Food

Rhonda Gonzalez, MSPH
Director of Health Initiatives



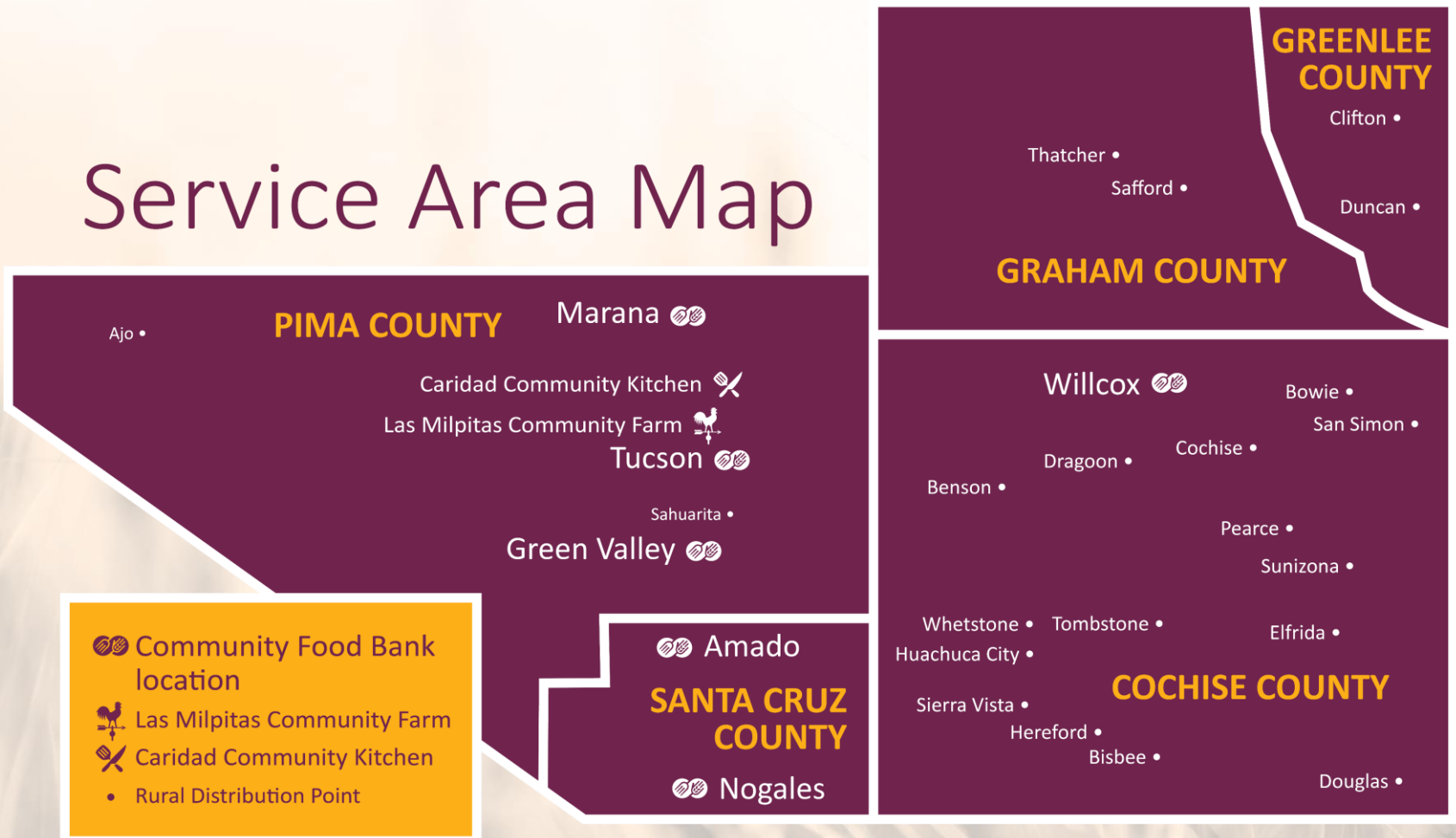
CFB Five (5) County Service Area in Arizona





CFB Five (5) County Service Area in Arizona

Service Area Map



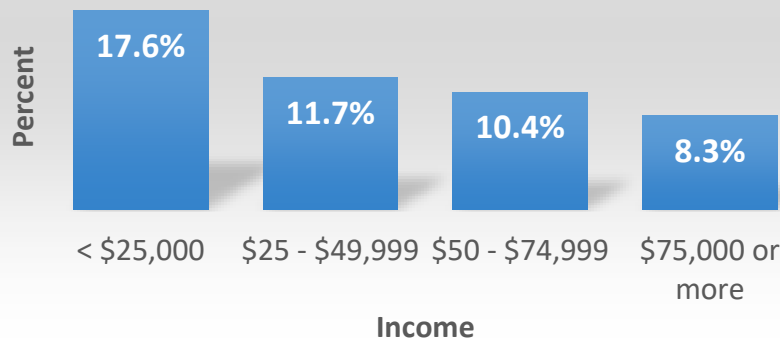
We assist people across **23,106 square miles** of southern Arizona.

Client Data & Feedback

UA Bureau of Applied Research in Anthropology (2016 & '17) surveys:

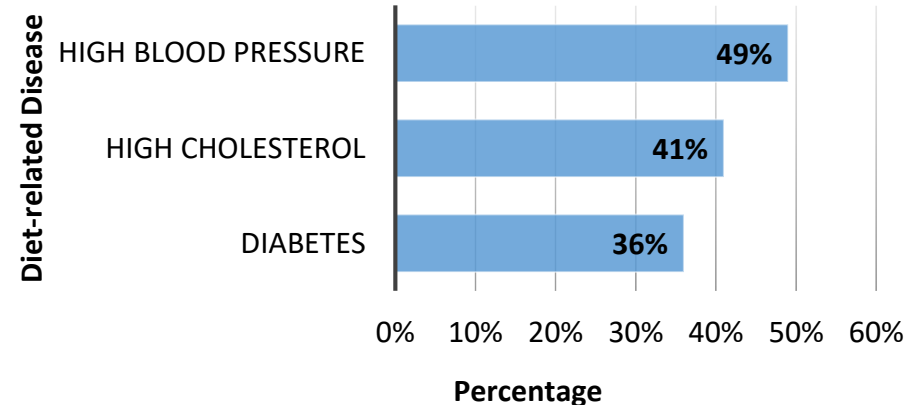
- About half of respondents had someone in their household employed part- or full-time;
- Nutrition, cooking and managing chronic diseases were 3 of the top 4 classes clients are interested in participating; and
- Nearly two-thirds of clients who responded identified as Latino/Hispanic

Percentage of Adults Told by Health Professional They Have Diabetes, by Income - Arizona, 2017



Source: CDC, Behavioral Risk Factor Surveillance System

Disease in Household, Client Survey, Community Food Bank of Southern Arizona, Tucson, 2017



Source: BARA Survey, 2017

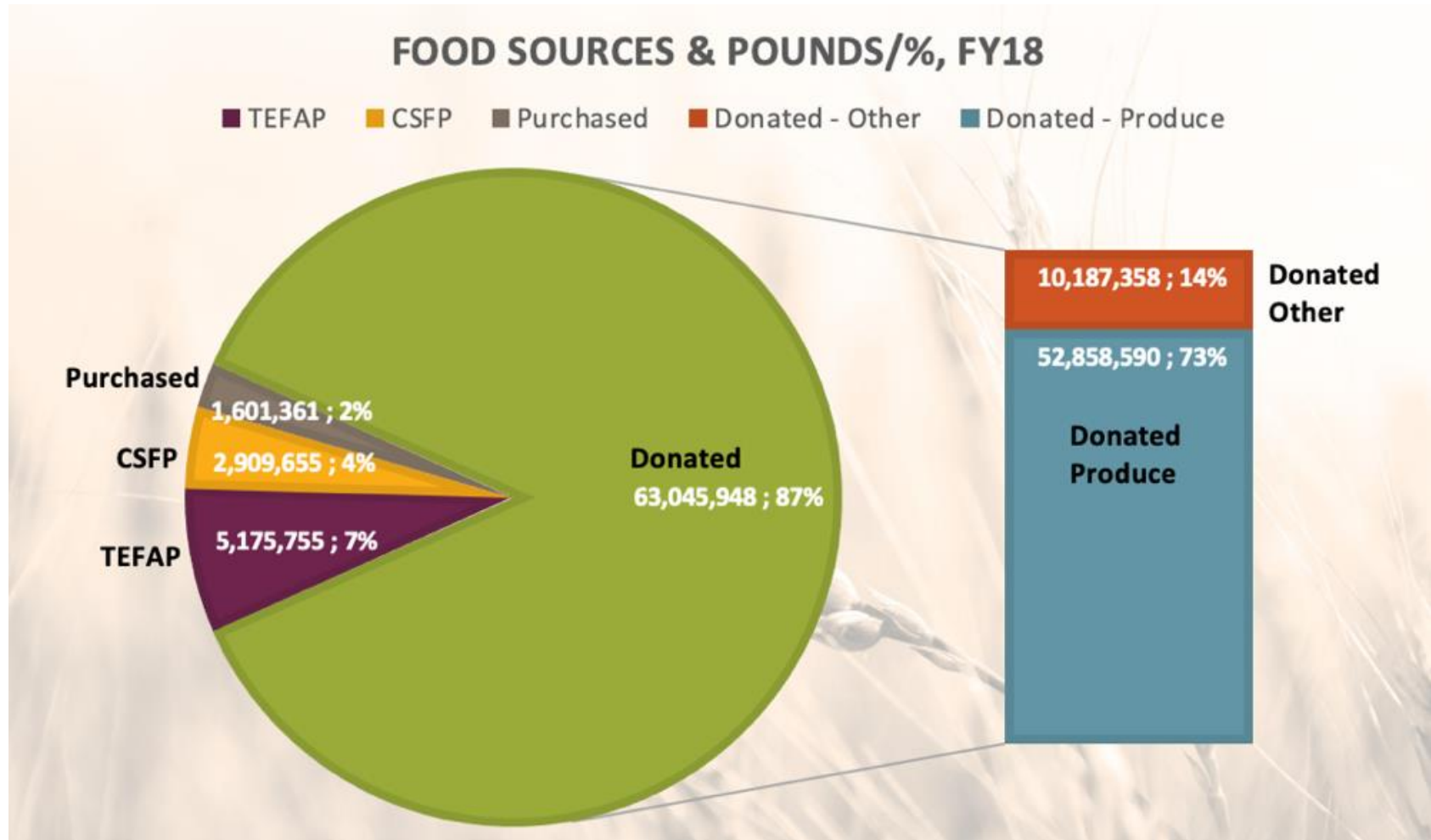


COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA

MEMBER OF
**FEEDING
AMERICA**



CFB Food Sources in Pounds



CFB - Our Approach (& Impact)

We focus on three key areas to end hunger and poverty:



HEALTH & FOOD

Access to nutritious food to live a healthy life is a basic human right.

EDUCATION

Opportunities for people to come together, learn, and build better communities.

COMMUNITY DEVELOPMENT

We can build a sustainable future by investing in people and communities.



COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA

MEMBER OF
FEEDING
AMERICA



CFB Nutrition Policy

- Adopted by board in May 2017

Nutritional Standards

The Community Food Bank of Southern Arizona supports Feeding America's initiative to emphasize the importance of healthy food, referred to as "Foods to Encourage (F2E)." F2E are those foods shown to promote health and well-being, and include four food groups: fresh produce, whole grains, protein, and low-fat dairy. Additionally, CFBSA supports the Office of Disease Prevention and Health Promotion's *2015-2020 Dietary Guidelines for Americans, 8th ed* (DGA8) which identifies five main dietary guidelines for Americans:

1. Follow a healthy eating pattern across the lifespan.
2. Focus on variety, nutrient density, and amount.
3. Limit calories from added sugars, and saturated fats, and reduce sodium intake.
4. Shift to healthier food and beverage choices.
5. Support healthy eating patterns for all.

The Nutrition Policy of CFBSA

1. Food purchased by CFBSA should be healthy, safe, and guided by DGA8.
2. Food distributed by CFBSA should be healthy, safe, and guided by DGA8.
3. CFBSA will follow its own nutrition policy, including at internal staff events, functions, and spaces where food and/or beverage are either served or available to staff. Food and beverage choices for internal staff use will be guided by DGA8, especially dietary guidelines two, three, and four (above) and the Key Recommendations (DGA8 pdf, p.15).
4. CFBSA will commit to increasing nutrition education; to clients, to staff, to partners, and to the community.

Nutrition Policy Implementation Plan Process-Draft



Implementing our nutrition policy will likely involve changing how and what we source:

- Developed 10 step, detailed process
- Creates Nutrition Advisory Group
- Develop/Adopt Nutrition Assessment System (helps guide food sourcing)
- Media and Education Campaign for internal and external stakeholders



COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA

MEMBER OF
FEEDING
AMERICA

Baseline Data Projects – Inform CFB Nutrition Policy: TEFAP

TEFAP Cart Analysis – Fall 2017

Results:

- Relative deficiency of vitamins C and D
- High level of sodium
- Tomato soup as part of TEFAP was individually high in sodium relative to its small serving size
- Percentage calories from carbohydrates, fat, and protein are comparable to that suggested by the USDA
- Composition of supplemental food items within the 25 carts varied and the variation showed differences in certain nutrients like vitamin C, iron and sodium
- General nutritional quality of the foods distributed with the TEFAP bags varied day-to-day and dependent on bonus food items available for distribution

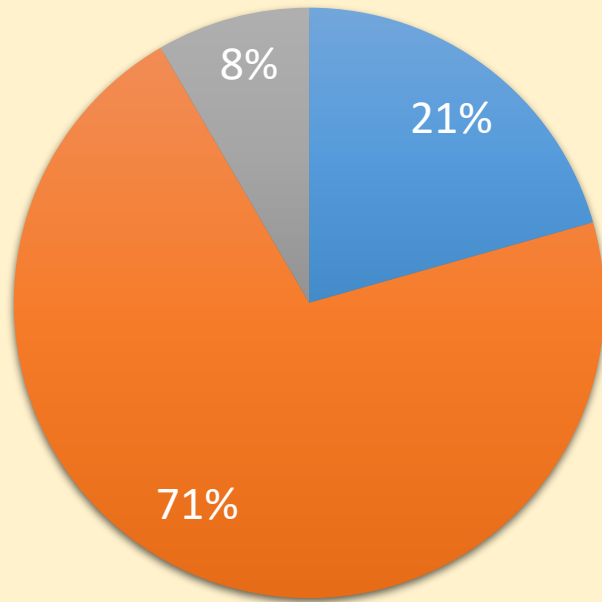


COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA

MEMBER OF
FEEDING
AMERICA

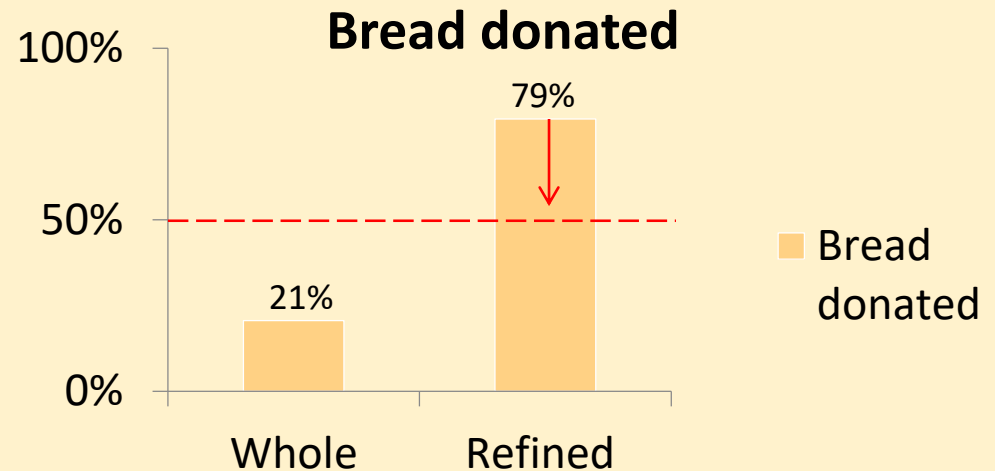
Baseline Data Projects – Inform CFB Nutrition Policy: “Bread”

CFB “Bread” Analysis



- Whole
- Enriched or white
- Pastry

July 2018



COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA

MEMBER OF
FEEDING
AMERICA



COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA

MEMBER OF
FEEDING
AMERICA

On the Ground



Nutrition Line Education




COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA

MEMBER OF
FEEDING
AMERICA

On the Ground

FRESH2 Food Box Research Project




**PARTICIPATE IN A STUDY AND
RECEIVE A GIFT CARD!**


PARTICIPATE IN A
**FOOD BANK
CLIENT SURVEY**

We are inviting Food Bank clients to answer questions about how they use Food Bank resources and food assistance. This telephone interview will last about 30-40 minutes. Limited to one person, per household please.

PLEASE CONTACT US AT
eshort@communityfoodbank.org
phone (520) 626-6503



COMMUNITY
FOOD BANK
OF SOUTHERN ARIZONA



THE UNIVERSITY
OF ARIZONA

This study was reviewed and approved by the Human Subjects Research Board at the UA.



COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA

MEMBER OF
FEEDING[®]
AMERICA

Baseline Data Projects – Inform CFB Nutrition Policy: FRESH2 Therapeutic Box, Phase I

Diet Quality Scores

December 2018

HEI-2015 Component		Overall
Adequacy Components	Max Score	Mean (SD)
Total Fruit	5	2.2 (2.4)
Whole Fruit	5	1.9 (2.4)
Total Vegetables	5	4.0 (1.7)
Greens and Beans	5	2.1 (2.4)
Whole Grains	10	5.1 (4.5)
Dairy	10	4.8 (3.8)
Total Protein	5	4.2 (1.5)
Seafood and Plant Protein	5	2.0 (2.4)
Moderation Components		
Fatty Acids Ratio	10	4.5 (3.7)
Refined Grains	10	6.7 (3.8)
Sodium	10	3.0 (3.9)
Added Sugars	10	7.6 (3.2)
Saturated Fat	10	5.6 (3.7)
Overall Diet Quality	100	53.7 (15.7)

Low diet quality among CFBSA clients reflected:

- **Lower intake of:** total and whole fruit, greens and beans, seafood/plant proteins, dairy, whole grains
- **Higher intake of:** added sugars, saturated fat, sodium, refined grains, and fatty acid ratio



COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA

MEMBER OF
FEEDING
AMERICA

FRESH2 Project – Phase II

April 2019 TEFAP “box”



COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA

MEMBER OF
FEEDING
AMERICA

FRESH2 Project – Phase II

Removed from TEFAP “box”



Client preference
substitution



COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA

MEMBER OF
FEEDING
AMERICA

Senior Hunger Project



Bobby Butler



COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA

MEMBER OF
FEEDING
AMERICA



COMMUNITY
FOOD BANK
OF SOUTHERN ARIZONA

communityfoodbank.org

