Implementing Sustainable Meal Planning Practices Through Meal Mentoring at an East Texas Food Bank Sponsored Location

Anitra L. Greusel, SFA Undergraduate student; Mary S. Olle, Ph.D., Gina Fe Causin, Ph.D.

What is Food Insecurity?

- The USDA defines food insecurity as a state in which "consistent access to adequate food is limited by a lack of money and other resources at times during the year."
- How many Texans are food insecure?
- According to the latest USDA report, 17% of Texas households (one in six) experienced food insecurity in the years 2012-2014. Texas was one of just fourteen states with higher food insecurity than the nation during this period. In raw numbers, 1.7 million Texas households were food insecure, more than any other state except California.
- How many Nacogdoches County residence are food insecure?
- According to feedingamerica.org in 2013 there were 14,940 food insecure households within Nacogdoches County. Approximately 23% of households.

Objectives

- Participants being able to identify key terms on a food label.
- That the participants will have an awareness of healthful portion sizes.
- That the participants will be able to demonstrate this knowledge.
- This was accomplished by an initial assessment, a review and a post assessment
- Each interview period had a discussion time and nutrition information was disseminated. Each participant received a one on one mentoring with the researcher covering basic nutrition content of foods during each interview.

Results

- Respondents gained new knowledge in reading food labels and provided research feedback as to what additional information they would like to learn.
- Statements from participants included:
  - "I actually learned how to look for ingredients such as sugars, and fiber and pay attention to serving sizes."
  - "I learned about portion control."
  - "Wish we had covered gram/mg compares and why companies don't use one unit of measure."

Implications

- Nutrition Education and Community support bridge the gap of Food Insecurity

Local Food Banks

<table>
<thead>
<tr>
<th>City</th>
<th>Organization</th>
<th>Address</th>
<th>Agency Hours</th>
<th>Agency Service</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nacogdoches</td>
<td>Ashley Pantry</td>
<td>1100 South St</td>
<td>Thursday 10am-2pm</td>
<td>Pantry</td>
<td>(903) 565-2160</td>
</tr>
<tr>
<td>Nacogdoches</td>
<td>Nacogdoches HOPE</td>
<td>2841 S. Main</td>
<td>Monday &amp; Thursday 9am-11am</td>
<td>Pantry</td>
<td>(936) 559-1801</td>
</tr>
<tr>
<td>Nacogdoches</td>
<td>North Street Church of Christ (Harvest House)</td>
<td>2844 North St</td>
<td>Tuesday 10am-1pm, Wednesday &amp; Thursday 4pm-6pm</td>
<td>Pantry</td>
<td>(936) 564-2171</td>
</tr>
<tr>
<td>Nacogdoches</td>
<td>Sacred Heart</td>
<td>2508 Appleby Sand Rd</td>
<td>Monday 9am-11am</td>
<td>Pantry</td>
<td>(936) 564-7807</td>
</tr>
</tbody>
</table>

References

- http://www.feedingtexas.org/learn/food-insecurity/
- http://easttexasfoodbank.org/NeedFood/Nacogdoches