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Delegates and their Constituents Fight to End Hunger

Arizona Affiliate

With her work at the Dairy Council, Terri Verason, delegate from Arizona, has been developing relationships with local Feeding America food banks with the goal of implementing a program to get more milk available for clients. According to a recent survey, 94% of food banks are working to provide nutrient rich foods to their clients and 95% of food banks say they do not receive enough milk to meet the demand. The Dairy Council just kicked off the “Great American Milk Drive” in which the public can easily donate milk to their local food bank by going to www.milklife.com/give or texting ‘MILK’ to 27722. When donating online, the milk donations are sorted by zip code so people are helping their neighbors by donating. On a personal level, Terri has volunteered at Paz de Cristo, a local soup kitchen, for over 15 years and continues to volunteer at various hunger outreach efforts as they arise.

Delaware Affiliate

Jessica Rombach is a school nutrition specialist who works every day to provide free or reduced meals to students in need. By making the menu items healthy, Jessica provides these students breakfast or lunch throughout the school year at a free or reduced price. Furthermore, the school district (Red Clay) is looking into Community Eligibility Option, which would allow many of the schools to all eat for free without filling out the meal benefit forms (a large barrier to some students receiving free/reduced meals). The district operates summer feeding programs for the community, particularly in the low income areas of Wilmington to help those hungry and in need over the summer.

Florida Affiliate

At the Affiliate’s annual meeting in July 2014, the Florida Academy is conducting a food drive to benefit the needy of South FL.

Georgia Affiliate

Donna Martin, Academy Board of Directors member and Treasurer, helped fight hunger in Burke County when she implemented 3 meals a day at school for 500 low-income students, including the football team. Watch and learn more about Donna’s story at:

<http://www.cbsnews.com/news/high-school-football-team-battles-malnutrition/>

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Illinois Affiliate

The Capitol Area Academy of Nutrition and Dietetics raised \$1225 from their district members to host a Mobile Food Pantry in Taylorville, Illinois this year. These funds were used by the Central Illinois Food bank to buy fresh produce. To host the Mobile Food bank, the Capitol Area Academy had to secure a distribution sight, get volunteers (their members, families and friends), and get a fork lift to take the foods off the truck that came from the food bank. The volunteers had to re-package 50 pound bags into usable smaller plastic bags. On March 22, 2014, the recipients started arriving at 7 a.m. at the mobile food bank location with laundry baskets, hampers and boxes.

The group distributed 12,000 pounds of food, including fresh oranges and apples, fresh potatoes and sweet potatoes, lettuce, cereal, breads, including spinach wraps, and dairy products. The project reached 518 individuals, including 154 kids and 75 seniors, from 177 households. Illinois Representative Rodney Davis attended the event to see the work Academy members do to assist the community during National Nutrition Month.

The Illinois Academy of Nutrition and Dietetics did their part during National Nutrition Month and raised funds to help support Illinois food banks. As of March 20, 2014, the Illinois Academy raised nearly \$7,200 with a goal of reaching \$10,000 by the end of March. Thank you to the IL Academy and to Anna Schlacter, delegate from Illinois, for helping to coordinate these efforts.

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Indiana Affiliate

Northern Indiana Dietetic Association district made a donation of \$100 to the “Simply Give” holiday program sponsored by Meijer. Meijer matched our giving, making it \$200 that goes to local food pantries in our area.

Northeast Indiana Dietetic Association district for National Nutrition Month had Dr. McMahan MD, Allen County Health Commissioner present ‘Food Deserts’ in Allen County and food hunger statistics. It’s sad to say that 20% of children and 15.5% of people in Allen County are food insecure. Dr. McMahan is organizing an initiative to address these issues and she has invited our local registered dietitians to be part of the initiative. NEIDA delivered 10 bags of can goods and \$45 in donations to the Community Harvest Food Bank on March 17. Encouraging members to participate in the Postal Letter Carrier’s Food Drive to Stamp Out Hunger in May.

Southwest Indiana Dietetic Association district have implemented several projects to address the fight against hunger. A pilot project collaboration between the University of Southern Indiana (USI) dietetics faculty and students, the Welborn Baptist Foundation, Sodexo, Deaconess and St. Mary’s Hospitals to provide fresh fruits and vegetables and nutrition education to people living in food deserts in the city of Evansville through a mobile produce program, FAVE, is currently in process. Faculty and staff at USI donated food items for the Tri-State Food Bank at a hunger and justice event presented by Jen Chapin, daughter of Harry Chapin and who is on the board of directors for WhyHunger? Students in a senior level food service management course at USI develop and serve a dinner meal at the United Caring Services shelter for 150 men, women and children once a year in April using recipes developed with the intent of using commodity foods.

Southeast Indiana Dietetic Association worked with Indiana University Bloomington and Indiana Health in 4 other counties on annual food drive for National Nutrition Month and combined they donated 11,740 pounds of food and \$532.98 in cash which for each \$100 donated equates to 900 meals and 1,100 pounds of food. Donations were made to Hoosier Hills Food Bank that serves 6 counties, 93 food pantries and reaches over 26,000 people annually.

At the Annual meeting for Indiana Academy of Nutrition and Dietetics April 17, 225 pounds of food and \$80.00 were collected for Gleaners Food Bank.

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Kansas Affiliate

For the last three years Carol Gilmore, Kansas Delegate, has served as the NGO Nutrition/Health representative on Douglas County Food Policy Council (Council), the only one in the State of Kansas so far. The Kansas Health Foundation became interested in the Council's activities and has made planning and implementation grants available for city or county governments in Kansas interested in establishing food policy councils. To learn more about this, visit the Kansas Health Foundation website at www.kansashealth.org/fpc (grant information, slides and the recorded webinar). Another recent resource to help with conversations with city/county officials is the American Planning Association's Food Policy Councils Briefing Paper at www.planning.org/nationalcenters/health/briefingpapers/foodcouncils.htm

This has been a wonderful opportunity to interact with others who intersect with the food system from a much different perspective than acute health care. Agriculture and agriculture-related businesses represent the primary source of income for the county. Preservation of agricultural land, supporting small farmers, and promoting access to local healthy foods are key focus areas for Council activities. As a "policy" council we don't "do", we attempt to facilitate and support others who need help with navigating the system within the city and county e.g., conversations with city/county staff on how to address regulations that are barriers; the sustainability coordinator and planner for the city and county are staff support. In this vein, the Council and individual members have assisted our county food bank with obtaining a refrigerated truck to support gleaning from grocery stores and restaurants, and obtaining a refrigerated display case to feature fresh fruits and vegetables donated from the Saturday farmers market and the food bank's own garden. One of the Council members, who is a trained chef, assisted the Food Bank in establishing cooking classes for food bank participants to learn how to cook the foods obtained from the pantry. After teaching the first rounds of classes, he recruited and trained other volunteer chefs in the city to take on teaching the classes. Graduates of these cooking classes have the opportunity to participate in advanced cooking classes, and to be considered for the culinary program at Johnson County Community College. The City of Lawrence has two food deserts so the Council is supporting efforts to locate grocery stores in these areas. The Council is collaborating with the city/county LiveWell Lawrence Coalition-Access to Health Food Sub-committee to support the request for the city and county commissions to fund a pilot project to provide 1:1 matching funds for SNAP benefits used at the farmers markets accepting EBT cards.

Maine Affiliate

The Maine Academy of Nutrition and Dietetics supports the bill, **ME [R] LD 1819- [Resolve, To Create the Task Force To End Student Hunger in Maine](#)**

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Minnesota Affiliate

Lisa Dierks, the delegate from Minnesota, was recently highlighted in the March 2014 issue of Today's Dietitian for her and her family's undertaking of the SNAP challenge. Lisa and her family took the SNAP challenge to find out what it's like to live on a limited food budget of about \$4.50 per person per day as both a hunger awareness statement and a way to better appreciate the challenges that food-insecure clients and patients face every day. Access the March issue of Today's Dietitian at www.todaysdietitian.com to read Lisa's story and the stories of 4 other RDs. Thank you Lisa for partaking in this challenge and for writing about your experience. Your words have made an impact in how many people view SNAP benefits.

Tennessee Affiliate

Dianne Polly, the delegate from Tennessee, is fighting to end hunger in Tennessee. Dianne has been asked by Senator Mark Norris, the Senate Majority Leader in the state of Tennessee, to participate in Tennessee's Nutrition Caucus, which will focus on hunger and nutrition.

More than 88 members of the Tennessee Academy of Nutrition and Dietetics participated in the affiliate's State Legislative Day, March 25th at the State Capitol in Nashville. National Nutrition Month and RDN Day were declared in Tennessee with a proclamation from the Governor.

TAND members attended a press conference at the Capitol held by Senate Majority Leader and Chairman of the National Council of State Governments for the debut of the Tennessee Nutrition Caucus – a bi-partisan team of state senators and representatives who understand that one's quality of life often depends upon access to the necessities of life – like a balanced diet, fresh fruit and vegetables, healthy habits, and the means to enjoy them. TAND was invited to become a charter member of the Nutrition Caucus along with other organizations. The Nutrition Caucus is one "simple step" to encourage legislatures across the country to form caucuses which facilitate dialogue and consciousness of raising awareness for this critical issue.

Thumbs up to the Tennessee Academy of Nutrition and Dietetics!

Behavioral Health Nutrition DPG

Harriet Cloud, BHN DPG Delegate, wrote an article for the BHN newsletter to raise members' awareness of food insecurity. "Food Insecurity- Raising Awareness and Finding Solutions" was published in 2013, Volume 31(2), pages 12-14. This article was reprinted with permission in the Pediatric DPG newsletter in Spring 2014.