



NUTRITION SERVICES MENU

The Food Group offers free nutrition outreach services to our agency partners including opportunities for your clients and for your staff and volunteers to grow and learn. Learn more about our services below.

AVAILABLE SERVICES FOR YOUR CLIENTS

Recipe Demos



Demonstrate creative ways to cook tasty and healthy meals using ingredients that can be found in your food shelf.

Classes



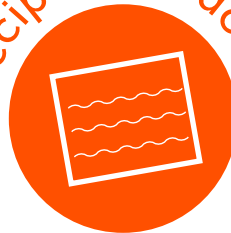
Teach kids, seniors, and all ages in between basic skills such as healthy eating on a budget, eating a balanced plate, or money and time-saving tips.

Toolkits



Toolkits emphasize the importance of a balanced plate and how to eat more fiber vs. sugar and spices vs. salt in a food shelf setting.

Recipes/Handouts



Print out our healthy recipes or nutrition handouts for your clients.*

EXAMPLES OF HOW WE CAN SERVE YOUR CLIENTS

Do you serve seniors? Invite us out to do a heart healthy and diabetic-friendly recipe demo and education with your group. We could provide tips for reducing salt and added sugar in the diet, while also sharing how to eat more fiber and cook with more spices.

Do you serve kids? Invite us out to do a hands-on demo of a healthy, kid-friendly meal or snack that kids and all of the family can enjoy. We could talk about MyPlate and eating all of the five food groups. Or maybe you want to purchase our Kids Cookbooks or Kids Fitness Dice games to hand out during your summer kids program.**

Do you serve meals to clients? Invite us out to help you with your menu planning. We can help you create nutritiously balanced meals for your clients to eat throughout the week or month.

Want to know the food needs of your clients? You can use our template survey to better understand the foods your clients want to see in your food shelf, or we can work together to build a custom tool to discover the unique nutritional and cultural needs of your community.

** Recipes often feature foods that can be purchased through The Food Group as well as produce that you might receive during the harvest season. Handouts provide information about added sugar and fiber, salt and spices, balanced plates and portion sizes, fruit and vegetable nutrition, and eating healthy on a budget.*

*** If you want to purchase materials such as the Kids Cookbooks or Nutrition Toolkits from The Food Group, please contact your local SHIP. Many of them have funds to purchase items that will support your organization in sourcing and promoting healthier eating in the community.*



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AVAILABLE SERVICES FOR YOUR STAFF & VOLUNTEERS

Healthy Food Guidelines

A written document highlighting your priorities can help when it comes to sharing with new donors, staff, or volunteers about what your agency values and why. Let us support your agency in facilitating conversations with staff, volunteers, and donors and writing down your organization's priorities.

Fresh Food Merchandising/SuperShelf

If you are dreaming of becoming a SuperShelf, let us help you to prepare for these changes. Invite us out to your food shelf to provide feedback on how to give a fresh and healthy look to your space so the healthy choice is the easiest choice for clients.

FAST Score

FAST focuses on 14 different categories of food to measure the healthfulness of foods in the hunger relief system. We can help your staff and volunteers understand your FAST score and how to use it as a marker of progress in your food shelf.



Staff and Volunteer Training

Let us know what kind of training you need to help your staff and volunteers champion your nutrition initiatives. We can offer basic nutrition education or support on transitioning to a full choice model.

EXAMPLES OF HOW WE CAN SERVE YOUR STAFF & VOLUNTEERS

Are you wondering how to begin writing Healthy Foods Guidelines (policies or priorities)? Let us discuss what you are already doing and what you would like to be doing to make your food shelf healthier. We can guide your conversations with staff, volunteers, and board of directors about your goals. We can also assist you with formatting your goals into a written document agreed upon by staff, volunteers, and board of directors.

Are you wanting to track your FAST score? Let us come out and train some key volunteers on how to use FAST and the importance of this tool.

Do you want to offer regular recipe sampling in your food shelf? Let us train your staff or volunteers on basic food safety tips and how to do some recipe sampling. We can also create an annual recipe sampling plan to eliminate some of the prep work.

Other? Let us know what other tools and resources would be helpful for you to support your staff and volunteers and your efforts to make nutrition an important focus in your agency.

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