Supporting Healthy Behaviors When the Budget is Tight

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Agenda

- What is the impact of poverty?
- Build trust and messaging for vulnerable populations.
- Defy myths behind healthy eating on a budget.
- Simplify cooking, grocery shopping, and storing food for clients.
- Evidence-based food and nutrition education resources

https://www.google.com/
Talking Points:
- Inconsistent access to adequate amounts of nutritious food can have a negative impact on the health of individuals at all ages. The USDA estimates that as of 2017, 40 million people, including more than 12 million children, in the United States are food insecure. That means 1 in 8 individuals (13%) and 1 in 6 children (17%) live in food insecure homes.
- It is important to know that hunger and food insecurity are closely related, but distinct, concepts.
  - **Hunger** refers to a personal, physical sensation of discomfort.
  - **Food Insecurity** means that people are without consistent access to adequate food for everyone within a household to live healthy, active lives. It refers to a lack of available financial resources for food at the level of the household. This issue does not exist in isolation, as low-income families are affected by multiple, overlapping issues like affordable housing, social isolation, health problems, limited access to quality healthcare, medical costs, low wages, a complicated criminal justice system, unreliable transportation, issues finding stable financial resources. Many do not have what they need to meet basic needs and these challenges increase a family’s risk of food insecurity. Effective responses to food insecurity will need to address these overlapping challenges.
What we’re doing on this slide is looking hard at the impact of food insecurity as a social determinant of health and its effect on individual and population health outcomes. Because, these issues affect 5 million seniors, 2.4 million rural households, 12 million kids – that’s 1/6 kids and ¼ if you are talking about African American and Latino kids.

• Diabetes is more prevalent in food-insecure households. From 1999–2004, the prevalence of diabetes in the US was 10.2 % in food-insecure households, compared with 7.4 % in food-secure households. Not only do the prevalence rates of diabetes and food insecurity mirror each other, but diabetes prevalence also rises with increasing severity of food insecurity (10 % for mild household food insecurity vs. 16.1 % for severe)

• National statistics above also give you a better understanding of all Americans because there is limited research providing information on solely those who are food secure.

-As a dietitian serving this population, a couple questions come to mind as I read through these inequities:

• If you don’t have enough money for food or access to it, then why would you think about what healthy foods you can provide?

• Digging deeper, is prolonged hunger easy to ignore because, except in parts of the developing world, few people die of hunger? Or is hunger easy to ignore because, aside from discomfort, we’re unaware of the consequences of prolonged hunger?

- In the context of all these inequities, prolonged hunger becomes a bigger issue for a broader spectrum of Americans, impacting health and well-being not only of the homeless and the poor, but increasingly more often, working class and middle class families as well.

- If people cannot eat well, they cannot stay healthy, think well, plan well, live well.

Source:
https://hungerandhealth.feedingamerica.org/understand-food-insecurity/
https://wsuhunger.wordpress.com/2012/10/01/hunger-is-a-public-health-problem/
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2806885/
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2583797/
https://www.cdc.gov/obesity/data/adult.html
https://www.cdc.gov/media/releases/2017/p0718-diabetes-report.html
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https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2806885/
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2583797/
https://www.cdc.gov/obesity/data/adult.html
https://www.cdc.gov/media/releases/2017/p0718-diabetes-report.html
Talking Points:
-The intersection between food insecurity and health is a cycle:
  • First, a food-insecure household is forced to engage in coping strategies, often including the consumption of cheaper foods that are high in calories, but low in nutritional value. Reliance on less healthy foods can lead to poor nutrition, and chronic diet-related diseases such as diabetes.
  • In turn, these chronic illnesses can worsen existing disabilities or other illnesses or result in inability to work and increased healthcare costs which further restrict the household food budget. Once a person or family enters the cycle, it can be increasingly difficult to escape it.

Sources:
Talking Points:
Bullet 1: The Center for Nutrition Policy and Promotion’s Thrifty Food Plan (TFP) is a national standard for a healthy diet at minimal cost and is used as the basis for maximum SNAP allotments.
Bullet 3: These numbers were set in 2008. Currently, a family of four receives $465-646/month for SNAP benefits. Essentially, these rates are pretty much the same.
Bullet 4: It should be known that the cost of food has changed over the years and continues to shift. An analysis of Consumer Price Index (CPI) data shares that the real price of vending-machine food had dropped during 1978–2007 by about 11% and soda had dropped by about 38%, but the real price of fruit and vegetables had increased by about 18%.

Source:
As people’s budgets increase, they can purchase food that provide better health, more leisure time, and are tastier.

SNAP participants spend more time making food with less food available than the average person.

Few cooking skills, leave many people without the ability to time-efficiently prepare healthy meals.

Transportation is more costly for those who live in food desserts.

Talking Points:
Bullet 1: TFP guidelines imposes a high utility cost on individuals (that means more time is taken to make the food), so few people actually follow it.

Bullet 2:
- Time costs are not necessarily considered in this analysis. Things like the following need to be considered within the cost category - bargain-hunting, traveling to and from the store, shopping, food preparation, and cleanup.
- Time is money as the adage goes, so to arrive at the actual cost of each type of food, time spent cleaning, preparing and cooking was recorded and calculated at a rate of $7.25 per hour (the minimum wage in New Jersey where the research took place).
- Compared to the average American, SNAP participants have higher time costs and lower food input cost. But, if SNAP participants were to follow the TFP, their daily time costs would have to increase further, from the current $8.66 to $15.84, while their monetary costs would marginally increase from $8.40 to $8.56. That is, when total TFP time costs are monetized, they are 85% higher than the cost of the food itself. In other words, the TFP is expensive once its associated time requirements.

Bullet 3: Cooking skill is positively associated with consumption of fruit and vegetables and negatively associated with consumption of convenience foods. Declining confidence in one’s skills may also be an issue. A study of young adults 18–
23 years old found that 18% of women and 23% of men cited their inadequate cooking skills as a barrier to food preparation.

Bullet 4: Consumers also incur transportation costs (e.g., gasoline) while traveling to grocery stores. This cost is not considered in the TFP. People who live in food deserts—areas with limited access to affordable, healthy food—often incur higher transportation costs because supermarkets are far from their homes.

Source:
Talking Points:
Bullet 5: Have food provide people some form of optimism.
Bullet 9: When people trust their counselor they work harder.
Bullet 10: Coach your client. Guide people. Help them be better and you will earn their trust.
Bullet 11: When people know you care about their interests as much as your own, they will trust you. If they know you are out for yourself, their internal alarm sounds and they will say to themselves “watch out for that person.”
Not featured on slide: Be transparent: When you are vulnerable and have nothing to hide you radiate trust.

Source:
http://www.jongordon.com/positive-tip-build-trust.html
Framing Healthy Messaging for Vulnerable Populations

• Consider what it takes for a family to eat well:
  • A basic understanding of nutrition
  • Reliable employment for a living wage
  • Decent transportation to a job(s)
  • Stable housing
  • Paid paternity or maternity leave
  • Time to cook the food regularly each week
  • A working kitchen
  • A table to eat on

Talking Points:
- A lot of people have very little knowledge on what eating well even means or looks like, especially if they've been raised in a home where healthy foods weren't served. As you know, educating on the dietary guidelines and nutrition basics is a necessity.
- Nevertheless, cooking can’t be seen as a moral enterprise:
  • For instance, people think - if you work hard enough you can make good meals for your family… but you have to work hard enough.
  • Moralizing food creates a superior us and inferior them.
  • It means that we’re individualizing this shortcoming and not paying attention to the real problem.
  • We can’t just default to saying, “Families don’t have the right values because they’re buying chips or fast food.”
  • Instead, we need to ask the bigger questions like: Why do we have such vast moral inequality? Why do I deserve to eat better or more than the next person? Why do we have so much food and people still go hungry?
  • In order to solve the problem, we have to take the fight beyond the kitchen. We need to come up with collective solution to the problem.
- Knowledge is only valuable, if you have resources:
  • Wanting your child to be healthy isn’t good enough, if you don’t have insurance or
money to get them to the doctors visit.

- We can’t think of singular solutions. We all need to work together to work toward individual, community, and policy level changes in the food insecurity realm.

- Individuals don’t have the same capacity to work toward the root cause of poverty compared to policy level changes. Food isn’t a privilege or commodity, but a human right. And, policy should reclaim that, communities should work together for that, and individuals should reap the benefits – regardless of your socio-economic status.

- We must frame our message around this context. The next couple of slides will walk you through this example.

Source:
https://www.theguardian.com/commentisfree/2012/feb/15/ending-world-hunger
https://www.youtube.com/watch?v=09mjATJZJsM
https://fns-prod.azureedge.net/sites/default/files/ConsumerBrochure.pdf
**Salty Ingredients:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Capers</td>
<td>Canned foods (fish and other proteins, beans, proteins, and vegetables)</td>
</tr>
<tr>
<td>Pickles (or anything brined sauerkraut, and kimchi)</td>
<td>Cocktail sauce</td>
</tr>
<tr>
<td>Cheese</td>
<td>Condiments (hot sauce, ketchup, mustard salad dressing, and salsa)</td>
</tr>
<tr>
<td>Cured meats (prosciutto, bacon, pancetta, and deli meats)</td>
<td>Marinade or seasoned salts and blends</td>
</tr>
<tr>
<td>Olives</td>
<td>Salted butter</td>
</tr>
<tr>
<td>Soy or tamari sauce</td>
<td>Teriyaki or barbeque sauces</td>
</tr>
</tbody>
</table>

**Talking Points:**
- If people are eating foods from a food bank or going out to eat often, you’ll need to speak about salt in foods. Here are some good resources and ways to frame your message.
- Salt is a form of sodium, sodium chloride, However, you’ll see the words used interchangeably.
- Foods high in sodium include canned, pre-packaged foods and condiments which often come from food banks. Fast food and other restaurant dishes also include a lot of sodium too.

**Source:**
[https://www.cdc.gov/salt/index.htm](https://www.cdc.gov/salt/index.htm)
Salt

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https://www.cdc.gov/salt/index.htm
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- If people are eating foods from a food bank or going out to eat often, you’ll need to speak about salt in foods. Here are some good resources.
- More than 40% of the sodium we eat each day comes from only 10 types of food.
- Other ideas for reducing salt: Add acids to flavorless food - try lemon, lime or vinegars. Add flavored vinegars and oils (These often can be found at discount stores,) to sautés, on homemade soup, on roasted vegetables, in homemade popcorn, on salads, in yogurt, or in place of mayo. Buy no added salt or low-sodium canned goods. Rinsing and draining canned goods can reduce sodium by up to 37-41%;. Rely on fresh herbs.

Source:
https://www.cdc.gov/salt/index.htm
Talking Points:
Bullet 1: Buy one spice/month. Spices are costly, but a little bit goes a long way. Or, if you shop at an ethnic store, buy them there, cheaper. Sooner or later, you’ll have a spice for every dish..
Bullet 2: One delicious way to do this is called, “blooming spices” or gently frying spices, like cumin, in oil as a quick way to deepen their flavor.
Bullet 4: Garlic powder will measure 1/8 teaspoon for every garlic clove. Onion powder measures at 1 tablespoon for every medium chopped onion.
Example Community Partners Recognizing Food Insecurity: Medical Professional Screening Tool

The Hunger Vital Sign™ identifies individuals and families as being at risk for food insecurity if they answer that either or both of the following two statements is ‘often true’ or ‘sometimes true’ (vs. ‘never true’):

- “Within the past 12 months we worried whether our food would run out before we got money to buy more.”
- “Within the past 12 months the food we bought just didn’t last and we didn’t have money to get more.”

Video: https://youtu.be/QnWhTNv2nbc

http://childrenshealthwatch.org/public-policy/hunger-vital-sign/

Talking Points: Derived from slides

Source: https://youtu.be/QnWhTNv2nbc
Example Community Partners Recognizing Food Security: Clancy Cash Harrison’s Nutrition ACCESSment Form for Healthcare Pros


Talking Points Derived from and Picture Source:
Example Community Partners Recognizing Food Security: Federal Nutrition Program Referral Form

Common Food Myths

• Eating healthy is expensive.
• There is limited access to healthy foods, if you’re going to a food bank.
• Making creative healthy food is the only way to get kids to eat more.
• Many baby foods contain toxic metals.
• Chicken nuggets are not a part of a healthy diet.
• Microwaving vegetables zaps their nutrition and is harmful for our health.
• Frozen and canned vegetables aren't healthy.
• Eating gluten-free is healthier, but I can't afford that.
• Eggs have too much cholesterol and are bad for my heart.
• Fruit has too much sugar.

Talking Points:
-Many of these food myths can be addressed during nutrition educations. For time’s sake, we’ll speak to the first 7 bullet points throughout this presentation.
Talking Points:
- Food banks are making an effort to incorporate more nutrient-dense choices while cutting back on the amount of low nutrient dense foods they receive.
  • In 2016, Washington D.C.’s Capital Area Food Bank reduced the low nutrient dense foods it provided by 84% and increased the amount of beans provided by 57%.
  • There are also other programs that provide produce in PA. Examples include: Project Share, Produce to People, many PA food banks involved in the Mid-Atlantic Regional Cooperative, PA Agricultural Surplus Program, and The National Produce Program.
  • More on the food retailers role in sending healthy options to the food bank will be shared during the presentation.

Source:
Conquering Food Myths

Talking Points:
- Picture on the left: Getting creative with your food? Do yourself a favor and just stick to bugs on a log. Those bug things on the left are a living nightmare to make unless you’re using hot glue. How old until kids can have raw celery in big chunks safely? Around 4 years old, although you can serve small matchsticks or soften carrot logs before 4.
  - More creative ants on a log ideas
    - https://eattogetherpa.org/sites/default/files/Eat_2gether_pa/healthier_snacks_handouts/kids_ants_on_a_log.slimjim_hi_res_rev_2.pdf
    - https://eattogetherpa.org/sites/default/files/Eat_2gether_pa/healthier_snacks_handouts/adults_ants_on_a_log.slimjim_hi_res.pdf
  - We can freak out, or we can take a deep breath and rely on variety and moderation to both improve health and reduce risks. With this report, consider the following:
    - This report looks at 5 contaminants. There are a host of other contaminants it doesn't look at. So, don't stop eating these foods and go
crazy on "substitutes" because those substitutes also have "contaminants."
Variety and moderation protect us from getting too much of any 1 contaminant.

• Who wrote it? In this case, it was written by environmental and childhood
developmental organizations, the lead being Healthy Babies Brighter Futures. Why did not 1 medical or nutrition organization sign on? Were they not invited? Did they refuse?
• Is it useful? It points to 15 different foods they say are problematic in terms of heavy metals in baby food. Including carrots, sweet potatoes, milk, formula, bottled water, rice, teething biscuits, among others. They do provide "alternatives" to these 15 foods. They suggest a cooled cucumber or a frozen banana as "safe" alternatives to teething biscuits. Both are choking hazards.
• Will this report hurt people? It’s possible - parents will have higher stress. They may become afraid of nutritious foods that kids need.
• Anything else? It states that store-bought, homemade baby food, organic and conventional all have the same issues - because the heavy metals are generally coming from food that comes from the land and agricultural system. This claim shows the real purpose of the report - to put pressure on the agricultural system to improve practices and improve population health.

• The report does suggest eating way less rice products, especially for littles. It's good advice, because variety is important. It's the single greatest thing you can do to improve health.

- Picture on the right: Are your kids picky eaters? Some kids would starve, sensory issues, genetic predisposition, etc. We never know the whole story unless we listen. If you know a mama with a picky eater or you are that mama, we need to show some love. Have you ever been judged unfairly for what you feed your kids?

Source:
Kids Eat In Color - @KidsEatInColor on instsagram.com
Talking Points Derived from these Websites:
https://www.health.harvard.edu/staying-healthy/microwave-cooking-and-nutrition
https://www.health.harvard.edu/healthy-eating/microwaving-vegetables
https://www.health.harvard.edu/staying-healthy/ask-the-doctor-microwaves-impact-on-food
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- What is the impact of poverty?
- Build trust and messaging for vulnerable populations.
- Defy myths behind healthy eating on a budget.
  - Simplify cooking, grocery shopping, and storing food for clients.
  - Evidence-based food and nutrition education resources
Tips to Simplify Cooking and Shopping

According to recent Gallup Poll:

• 75% of Americans don’t know what’s for dinner by 4 pm on a weekday
• 28% of Americans feel they don’t know how to cook
• 41% prepare meals at home five or more times a week
• 29% cook at home three to four times a week
• 19% prepare meals at home one to two times a week
• 11% rarely or never prepare meals at home
• 75% percent of those who prepare meals at home very often or occasionally use pre-prepped and/or frozen ingredients
• The survey of more than 2,500 adults also revealed that 21% of Americans do not enjoy cooking or cook at all.


Talking Points and Statistics Derived from this Website:
Tips to Simplify Cooking and Shopping:

![MyPlate](https://www.superhealthykids.com/parenting/myplate-meal-ideas/)

Talking Points Derived from this Link:
https://www.choosemyplate.gov/myplate-mywins-tips-meal-planning-made-easy-0
Tips to Simplify Cooking and Shopping:

Meal Planning:
• Review your schedule.
• Choose your recipes.
• Plug in and play with the recipes in your schedule.
• Make your grocery list.
• Shop.
• Eat, enjoy, and repeat!

Talking Points:
Meal Planning 101 for beginners:
- Meal planning can be as small as one recipe per week, or as extensive as three meals per day for seven days at a time.
- Who can meal prep? Meal prepping is not for everyone. It is good for people who value convenience and efficiency more than variety; when you’d rather maximize your time or budget than eat something different every single day; and when you have a small family. Leftovers are key, so if you get bored with food easily, it’s not for you. Meal prepping for a whole family would be quite difficult because there are more people to please and would require a million containers.
- Before you start, ask yourself these questions: What can you meal prep? How many times will you eat at home? What does your schedule look like—after school, work activities? Will you involve the whole family?
- Steps to meal prepping:
  • What can you meal prep? This is the golden question. As with any leftovers, the palatability of prepped meals varies from person to person.
  • Foods that work well for meal prepping: cooked grains & pasta, cooked beans, cooked meat, roasted vegetables, hearty fresh vegetables (celery, carrots, peas, bell peppers, kale, cabbage, radishes, etc.), whole fruit
(apples, oranges, stone fruit), nuts & seeds, cheese, sauces and dips (like salad dressings, hummus, salsa, sour cream, etc.)

• Foods that don’t usually meal prep well: softer fruits and vegetables (lettuce, berries, and cut fruit), crunchy items like fried food, crackers, or chips (except when packing ingredients individually).

• How long can things stay good? There is no one hard rule here. As food is stored in the refrigerator it begins a slow decline in quality. In addition to this, the way food is packed or the individual nuances of your refrigerator environment can impact the quality of your refrigerated meals. So often the lifespan or acceptable changes in texture and flavor will be subject to the eater.

• Where to start?
  • Small! Start by packing up your leftovers from dinner one night and taking them for lunch the next day. Once you’re comfortable with that and you get to know what types of food you like as leftovers, you can pick one recipe to prep for the week ahead.
  • I suggest starting with a single recipe rather than one that requires two or three recipes together. Single meal recipe prep gives you a protein, grain, and vegetables all in one recipe, so there is no need to make a side dish.
  • Vary it up: Once you’re proficient, prep only three days. Pick and choose the meals you prep. Would you want to do breakfast and lunch, then leave dinner up for a surprise?
  • What’s your formula?
    • Basic: Protein + Grain + Vegetable
    • Vegetarian: Legume + Grain + Vegetable
      • You can add toppings to any of the formulas above to make it more interesting, like sauces, nuts, seeds, croutons, etc. Or just keep it simple and make life easy!
  • Box it up.
  • Examples of simple meal prep: freezing cooked meat; marinating your meat; freezing fresh produce like bananas, berries, sliced peppers, etc.; using no-cook recipes like overnight oats or salads; preparing soups and freeze for later; trying mason jar meals with vegetables, whole grains and a lean protein.

Source:
https://www.budgetbytes.com/meal-planning-101-how-to-make-a-meal-plan-that-works-for-you/
Talking Point:
-Cooking once and eating multiple times does not have to be challenging. Here are examples of rice bowls that can be eaten throughout a week’s time.

Source:
http://www.choosemyplate.gov/sites/default/files/budget/MeetingYourMyPlateGoalsOnABudget.pdf
<table>
<thead>
<tr>
<th>RICE BOWL VARIETIES</th>
<th>VEGETABLES OR FRUIT</th>
<th>PROTEIN</th>
<th>SAUCE, SEASONING OR GARNISH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Southwest Fajita Bowl</td>
<td>Green and red pepper strips, onions, corn</td>
<td>Grilled chicken or beef strip</td>
<td>Garnish with shredded low-fat cheese, salsa</td>
</tr>
<tr>
<td>Taco Bowl</td>
<td>Tomatoes, onions, green pepper strips</td>
<td>Taco-seasoned lean ground beef or chicken</td>
<td>Garnish with low-fat cheddar cheese, low-fat plain yogurt and tortilla chips</td>
</tr>
<tr>
<td>Vegetarian Salad Bowl</td>
<td>Cucumbers, tomatoes, carrots, celery</td>
<td>Black, pinto or kidney beans</td>
<td>Italian salad dressing. Garnish with shredded low-fat cheese</td>
</tr>
<tr>
<td>Thai Bowl</td>
<td>Red peppers, hot peppers, pea pods, carrots, green onions</td>
<td>Chicken, pork or seafood (baked, grilled, or sautéed instead of fried)</td>
<td>Thai peanut sauce or curry sauce. Garnish with fresh cilantro or basil</td>
</tr>
<tr>
<td>Fruit &amp; Nut Breakfast bowl</td>
<td>Mangos, bananas or apples</td>
<td>Walnuts or almonds</td>
<td>Brown sugar, cinnamon, raisins or milk</td>
</tr>
<tr>
<td>Huevos Breakfast Bowl</td>
<td>Diced tomatoes, green onions, green peppers</td>
<td>Cooked scrambled eggs</td>
<td>Taco sauce. Garnish with low-fat cheddar cheese and fresh cilantro</td>
</tr>
</tbody>
</table>

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Tips to Simplify Cooking and Shopping

- Make a grocery list from your meal plan.
- Use your circular & digital coupons for items that are on your list.
- Try grocery delivery or pick up services to save.
- Buy produce that’s in-season or reduced for quick sale.
- Purchase store brands.
- Stick with a variety of fresh, canned, or frozen foods.
- Involve the entire family.

Dos and Don'ts of Couponing

- Do use coupons to purchase sale items to maximize savings.
- Do use coupons to buy items you would usually purchase or new items you would like to try. Don’t buy items you don’t really need just because you have a coupon.
- Do compare the prices of store brand items of similar quality. Many times, in-house brands are less expensive even when applying a coupon to the national brand item.
- Do maximize couponing by looking for stores that double coupon values. Notice if stores only double coupons on certain days of the week. Not all stores have stores that double coupons.
- Do organize your coupons so they are easy to track and use effectively.
- Do watch expiration dates.
- Do write your grocery list with your coupon file and weekly store ad at hand, so that you can match coupons to sale items and pull out coupons that you will be using.
- Do stock up on non-perishable items—canned foods, paper goods, and cleaning products—if you have coupons that match up with store sales. Don’t purchase more than you can store conveniently.
- Don’t purchase perishable food in quantity if you will not be able to use it or freeze it before it expires.

Talking Points Derived From these Websites:
Bullet 7: Involving the family because there is nothing worse than cooking something that your family refuses to eat. Include them in all aspects (planning, prepping, cooking) makes kids (and adults!) more apt to enjoy the foods.

Source:
https://ohioline.osu.edu/factsheet/11-fcs-904
https://www.planeatmove.com/
Tips to Simplify Cooking and Shopping

How is the unit price found?
TOTAL PRICE ÷ SIZE = UNIT PRICE

Example: What is the unit price of a 6 oz yogurt that has a retail price (the price you pay) of $0.72?

$0.72 ÷ 6 oz. = $0.12

The unit price of this yogurt is $0.12 per oz.

Talking Points and Pictures Derived from this Website:
https://www.choosemyplate.gov/eathealthy/budget/budget-price-tag
Talking Points:
- Walking people through simple flavors and cooking techniques can cheaply make foods taste better. For instance, we showed you how to get the most from spices and herbs in slide 13. Other concepts we’ll cover in the next few slides include: how fats affect food; balancing acids in sweet, spicy or salty dishes; or adding heat whether it’s spice or increasing the temperature.
- Dietary fats are essential to give your body energy and to support cell growth. They also help protect your organs and help keep your body warm. Fats help your body absorb some nutrients and produce important hormones, too. Your body definitely needs fat.
- Various fats work in different ways within our food:
  • Food science: fats provide a glossy or moist visual texture, contribute to browning while sautéing, emulsify spreading fat throughout water (i.e. salad dressings, gravies, etc.), incorporate and absorb flavor (i.e. herb infusions), cause you to feel a little fuller for longer because it slows the digestion of protein and carbohydrates, tenderize and give way to flakey crusts because of inhibiting gluten formation, and a lend a smooth mouthfeel (fatty dips)
- Types of fat: The five types have different chemical structures and physical properties.
- Saturated fats: tend to be more solid at room temperature (like a stick of butter)
- Trans fats: There are two broad types of trans fats found in foods: naturally-occurring and artificial trans fats. Naturally-occurring trans fats are produced in the gut of some animals and foods made from these animals (e.g., milk and meat products) may contain small quantities of these fats. Artificial trans fats are created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid. The primary dietary source for trans fats in processed food is "partially hydrogenated oils." Look for them on the ingredient list on food packages. In November 2013, the U.S. Food and Drug Administration (FDA) made a preliminary determination that partially hydrogenated oils are no longer Generally Recognized as Safe (GRAS) in human food. Trans fats are easy to use, inexpensive to produce and last a long time. Trans fats give foods a desirable taste and texture.
- Monounsaturated and polyunsaturated fats tend to be more liquid (like liquid vegetable oil).
- Medium chain triglyceride (MCTs): These are found in coconut oil.

-Fats can also have different effects on the cholesterol levels in your body: Saturated fats and trans fats raise bad cholesterol (LDL) levels in your blood. Monounsaturated fats and polyunsaturated fats can lower bad cholesterol levels and are beneficial when consumed as part of a healthy diet. It appears that MCT to have a more neutral effect on heart health when compared to longer-chain saturated fats found in meats and dairy products.

-How much fat should we have in our diets? Aim to eat a dietary pattern that emphasizes intake of vegetables, fruits, and whole grains; includes low-fat dairy products, poultry, fish, legumes, non-tropical vegetable oils and nuts; and limits intake of sodium, sweets, sugar sweetened beverages and red meats. Doing so means that your diet will be low in both saturated fats and trans fats. 20-35% (400-700 calories/day of a 2000 calorie diet) of diet should be fat. 10% of that being saturated (200 calories of a 2000 calorie diet).

-Ketogenic diet: This is a high fat diet, usually used to treat epilepsy. A 2:1-5:1 ratio of fat:protein and carbohydrates ratio places your body in a state of ketosis, where your liver makes ketones for energy. It contributes to reduction in weight, lower TG, higher HDL and LDL.

Source:
https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats
**Talking Points:**

**Acid:**

- **What does it do to food?**
  - Affects tenderness: adding baking soda (base) to cooked beans softens them. Adding a vinaigrette to a bean salad tightens green beans. A few drops of acid or milk will create more tender eggs. Adding buttermilk or lemon juice, and milk to marinate chicken will make it tender – breaking down the protein and trapping water inside. Stew/simmer with tomatoes to breakdown really tough pieces of meat. They’ll become juicier.
  - Increases flavor: Beer in chili; Feta cheese, tomato, olives, and vinegar to salads; Caesar salad with parmesan, vinegar, and lemon juice
  - Balances sweet flavors: beets and orange juice or vinegar, roasted vegetables sweeten (i.e. carrots, cauliflower, broccoli and lemon juice or vinegar; Sour cream/yogurt with cumin on tacos
  - Macerates or softens fruit with juice

- Nutrition of acidic food: If you eat a large steak, your urine will be more acidic
several hours later as your body removes the metabolic waste from your system. For this reason, your body has many effective ways to closely regulate its pH balance. This is known as acid-base homeostasis.

-Acidic food do add to the affects of gastric reflux.

Heat:

-Spicy foods: Contrary to popular belief, capsaicin (or the chemical that adds a kick to hot peppers) reduces acid production in the stomach. As a matter of fact, capsaicin has been considered as a medication for preventing ulcer development in people who take non-steroidal anti-inflammatory drugs. It actually kills bacteria in the body. It may trigger irritable bowel symptoms and issues for those with indigestion. It slightly increases energy expenditure, but not by much. It may irritate anal fissures.

-Cooking techniques using heat:

• Heat unsalted nuts in the oven adds flavor.
• Onions and garlic – a quick sauté browns or slow, low sauté to caramelize
• Browning foods with heat creates desirable flavors. The appearance of the food is usually improved with a well-browned crust. The contrast in taste and texture between the crust and the interior makes the food more interesting to the palate.
• Grilling and broiling chars and caramelizes meat.
• Heating foods like ice cream increase flavor.
Talking Points:
- Stock your pantry with fresh, frozen, and shelf-stable items. Canned food is a great way to have nutrition and flavor.
- Discussion points come from slide.
- Bisphenol-A:
  - Some cans are lined with bisphenol-A (BPA), a chemical associated with heightened risk of cancer, is a synthetic chemical which has been used to make various plastics since the 1960s. Miniscule amounts of the compound leak out of food and beverage containers, where they can end up being consumed. Acidity of produce and the heat from sterilization of canned goods can cause BPA leak into what you eat. That’s concerning, because BPA acts similarly to estrogen, and there’s a possibility that it can interfere with the body’s hormone system and cause harm. It’s also linked to cancer.
  - “[The issue with studying BPA is] the way that regulatory agencies do safety assessments, there’s a concern that they’re just not accurate enough,” says Laura Vandenberg, who studies toxicology and endocrine disruptors at the School of Public Health and Health Sciences at the University of Massachusetts Amherst. Agencies, on the other hand, say that academic studies aren’t done with enough rigor, and that the results aren’t consistent enough.
• But most of the studies have been cross-sectional snapshots that depend on one measurement of urinary BPA. That kind of research can suggest the need for more research of a possible connection. It can't determine cause and effect.
• Usually toxicological research, which tests the effect a chemical has on cells and animals, is a major factor in determining whether a substance is harmful or not. BPA hasn't been ignored by toxicologists: at least 500 toxicological studies have been published. But BPA is unusual in how much controversy it has created. Toxicologists disagree about what is the best design for studies on BPA, how to deliver the BPA dose, what doses to test, and which outcomes to measure. So rather than sending a clear message, the BPA toxicology research has added to the uncertainty about how dangerous this chemical really is.
• What can you do if you worry about BPA?
  • Substitute fresh, frozen or dried food for canned.
  • For those who cannot avoid foods in BPA-lined cans, rinsing the food in water may help lower the level of BPA in the food. Bonus: rinsing cuts back on other additives too, such as sodium on beans or sweet syrup on fruit.
  • Never heat food in the can. Transfer it to a stainless steel pot or pan for stovetop cooking, or microwave in glass — not plastic.
  • Skip acidic foods, like tomato sauce or pineapple which can break down BPA in packages.

Sources:
https://www.fda.gov/food/food-additives-petitions/questions-answers-bisphenol-bpa-use-food-contact-applications
https://www.thedailybeast.com/the-fda-says-low-levels-of-bpa-are-safescientists-disagree
https://www.health.harvard.edu/staying-healthy/should-i-worry-about-health-effects-from-bpa
https://www.ewg.org/news-and-analysis/2018/02/5-ways-reduce-your-exposure-toxic-bpa
Talking Points:

-Fresh produce:
- Fresh produce is best but buying fresh fruits and vegetables during peak season can be costly. The degradation of phytonutrients in fresh produce occurs more rapidly than frozen or canned and begins in the shipping process. However frozen and canned produce can be a less expensive alternative to eating healthier. They also retain most of their nutrients.

-Frozen produce:
- Carbohydrate, mineral, fiber, and protein content of fresh produce does not differ much from frozen produce. Frozen fruits and vegetables can be more flavorful than off season fruits and vegetables. Fresh produce must be used in a timely manner to prevent from rotting or turning. With a busy household, that might not be feasible and the money used to purchase them has gone to waste.
- Frozen produce lasts much longer and gives more opportunities to utilize without fear of food and money going to waste.

-Canned produce:
- Canned fruits and vegetables: Added sugar, salt, and preservatives do exist in canned foods. If you’re purchasing canned fruit, make sure they’re canned in their own juices and water. Rinse or purchase low-sodium/no salt-added varieties for canned vegetables.
- Canned vegetables are budget-friendly and keep for a long time, so you'll likely cut
down on food waste and save money if you choose them.

- You may also find preservatives (like citric acid and calcium chloride) on some products. Most chemicals are considered safe to eat, and they all play the following roles: Citric acid helps preserve color, while calcium chloride helps keep diced tomatoes nice and firm. If you worry about the chemicals in foods, review Chemical Cuisine app from Center for Science in the Public Interest. They have a glossary of the most commonly used additives, the research behind them, and what they’re used for. Find the app here: https://cspinet.org/eating-healthy/chemical-cuisine.

- Research on the nutritional value behind canned fruits and vegetables:
  - Tomatoes: Fresh tomatoes are 60 percent more expensive than canned to attain equivalent amounts of dietary fiber. They also take longer to prepare.
  - Corn: When considering the cost of waste (most notably the cob) and time to prepare fresh corn, canned corn offers the same amount of dietary fiber with a 25 percent savings compared to fresh. It also offers the same amount of folate with a 75 percent savings compared to fresh.
  - Spinach: With a lower cost-per-serving than fresh, canned spinach provides vitamin C and dietary fiber at an 85 percent savings compared to fresh.
  - Peaches: If you purchase canned fruit, stick to those canned in their own juices or water. The price of a serving of canned peaches is 39 cents less than an equal serving of fresh peaches and $1.10 less than frozen peaches. When factoring in the value of preparation time and cost of waste, a serving of canned peaches cost $2.37 less than fresh and $3.22 less than frozen per serving. Canned peaches are less expensive way to obtain dietary fiber and folate.

Sources:
https://well.blogs.nytimes.com/2013/05/27/really-the-claim-fresh-produce-has-more-nutrients-than-canned/
https://www.health.harvard.edu/staying-healthy/fresh-or-frozen-produce-the-health-benefit-is-all-in-the-mix
https://www.rosewellness.com/myths-about-eating-healthy-foods-on-budget/
Talking Points:
-Discuss the image on the slide.

Source:
Tips to simplify cooking and shopping

- Stock the pantry with fresh, frozen, and shelf-stable items.
  - Encourage clients to keep running list of pantry and freezer stocked items.
  - Free apps will help people do this and share amongst the household members.
- Purchase produce in-season.
- Encourage the mindset of reinventing leftovers.
- Look for reduced-priced meats and produce.
- Use soon-to-spoil produce in soups, smoothies, juices OR freeze.
- Plan meal sharing with friends or family.

Talking Points Derived from Slide:
- Bullet 3: Here are a list of grocery apps from a SNAP-Ed approved website https://www.planeatmove.com/blog/the-top-5-grocery-list-apps/
- Bullet 4: These produce guides will help you know when fruits and vegetables are in-season and will go on sale.
  - Global produce guide: https://www.dailyinfographic.com/what-to-eat-when-to-eat-it-infographic
  - Local produce guide: https://extension.psu.edu/pennsylvania-produce-a-guide-to-quality-produce-grown-in-pa
Ideas for Making Food Last Longer

• First-in-first-out labeling
• Expiration dates:
  • Manufacturers provide dating to help consumers and retailers decide when food is of best quality, not food safety.
  • These dates are not required by Federal law.
• Food and Beverage Product Date Terms:
  • “Best if used by”: Indicates when a product will be at its best quality.
  • “Use-by”: Last date for use of product at its best. The quality of the food may decrease quickly after this date. Infant formula is the only product that should be thrown out past the “Use-by” date.
  • “Sell by”: Tells the grocery store how long to display the product for sale. The product will still be safe to eat past this date and still has a third of its shelf-life left.
• Proper freezing methods for each food group

Talking Points:
-Bullet 1: “First in first out” (FIFO) simply means you need to label your food with the dates you store them, and put the older foods in front or on top so that you use them first. This system allows you to find your food quicker and use them more efficiently. To ensure using food prior to expiration, focus your choices on the FIFO principle by consuming the earliest purchased food items and food that has the shortest shelf life, first.
-Bullet 2: Example discussions to have surrounding expiration dates:
• Meet:
  • The color of meat and poultry can change as it is being stored at retail and in the home
    • Myoglobin, a protein, is responsible for the majority of meats red color. Myoglobin is first purplish in color. When it is mixed with oxygen, it produces a bright red color. A small amount can be found in the tissues after slaughter.
    • Color is also influenced by the age of the animal, the species, sex, diet, and even the exercise it gets.
    • Change in color alone does not mean the product is spoiled. Color changes are normal.
• With spoilage there can be a change in color—often a fading or darkening. In addition to the color change, the meat or poultry will have an off odor, be sticky or tacky to the touch, or it may be slimy. If meat has developed these characteristics, it should not be used.
• If stored in the freezer, white dried patches indicate freezer burn. When meat and poultry have been frozen for an extended period of time or have not been wrapped and sealed properly, this will occur. The product remains safe to eat, but the areas with freezer burn will be dried out and tasteless and can be trimmed away

• Canned foods:
  • Can codes are a series of letters and/or numbers and refer to the date the product was canned. They enable manufacturers to rotate their stock and locate their products in the event of a recall. The codes are not meant for the consumer to interpret as a "Best if Used By" date.
  • Cans must exhibit a code or the date of canning. Usually they display a "Best if Used By" dates for peak quality.
  • Discard cans that are dented, rusted, or swollen. High-acid canned foods (e.g. tomatoes and fruits) will keep their best quality for 12 to 18 months. Whereas, low-acid canned foods (e.g. meats and vegetables) will keep for two to five years.
• If you are working with a food pantry client, it’s good to know when donated foods can be used/eaten very close to or after the best if used by date has passed.

-Bullet 9: A great resource to discover how to freeze various items can be found here

Sources:
https://olli.unt.edu/sites/default/files/Documents/Fall2018/Handouts/expiration_label_background.pdf
https://eattogetherpa.org/save-money-freezing-food
http://nchfp.uga.edu/how/freeze.html
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Fresh Food to Frozen

Cheese
- Buy extra when its on sale!
- If you make sure the cheese is bagged or wrapped well, you can freeze it in the original, unopened package.

Variations: Shredded Cheese
- Add a tablespoon or so of cornstarch or flour to the bag before freezing.
- Shake it. This will stop it from clumping when it thaws.
- Place cheese in a freezer-safe bag.
- Squeeze any air out of the bag before freezing.

http://nchfp.uga.edu/how/freeze.html
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Ideas for Making Food Last Longer

- Resources for dealing with perishable food:
  - Refrigerator and Freezer Storage Chart
  - Fruit and Vegetable Produce Guide
  - Food Keeper App

Talking Points Derived from these Websites:
https://www.fda.gov/media/74435/download
https://food.unl.edu/food-storage-chart-cupboardpantry-refrigerator-and-freezer
https://snaped.fns.usda.gov/seasonal-produce-guide
https://www.usda.gov/media/blog/2015/04/02/new-usda-foodkeeper-app-your-new-tool-smart-food-storage
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https://www.usda.gov/media/blog/2015/04/02/new-usda-foodkeeper-app-your-new-tool-smart-food-storage
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https://www.usda.gov/media/blog/2015/04/02/new-usda-foodkeeper-app-your-new-tool-smart-food-storage
Considerations for recipes for people with low-resources

- Recipes Development Considerations:
  - Few pieces of equipment
  - Consideration of the ingredients available at home
  - Few steps (Batch cooking and one-pot meals)
  - Literacy level
  - Pictures that could assist with guide people through a recipe
  - Alternative ingredients for some hard-to-find ingredients
  - Consideration of family size, likes, dislikes, schedule, work, and living circumstance
  - Alternative steps for beginner cooks

Talking Points:
-Bullet 1:
  - Do your clients live without a working stove, but they have a microwave? Then, what food might they want to cook or eat that can still be healthful?
  - Encourage clients to look at recipes with an open mind and some flexibility. Many people write off certain recipes because they might not like ingredients, nor have the equipment within the recipe. If they don’t have a certain ingredient, give them confidence to problem solve and find a replacement. If they don’t have a piece of equipment, what can they use instead?

-Bullet 2:
  - Do your clients go to a food pantry for some of their foods? How can they best use the foods received in the healthiest manner? Examples of the food include: beans, powdered eggs, various nuts, and peanut butter, raisins, pork
  - PA NEN led a survey asking those educating the SNAP-eligible and people going to the food pantry to see what kind of spices were in their clients homes:
    • Top five spices: pepper, salt, garlic powder, oregano, and cinnamon
    • Least available spices: rosemary and cumin
  - Coach how you can you use healthy, flavorful, accessible ingredients in multiple ways:

https://eattogetherpa.org/measuring-kitchen
• Mushrooms: lasagna, pizza, broth, sautéed
• Vinegar: chicken, fruit, salsa, etc. brightens sauces, soups, pasta salads, vinaigrettes, and more
• Mustard: add honey; dressing, sandwiches, chicken
• Citrus: steak and salsa
• Broth: not to overpower the rest of your meal; soups or steam veggies
• Salsa: Spoon over grilled chicken or fish and frittatas, pair with tortilla chips for a quick snack, or use as a dip for grilled cheese sandwiches or quesadillas.

-Bullet 6: If clients are illiterate, would a video be more applicable to their life?
-Bullet 10: Do clients live in a shelter with a community kitchen? Does that mean they don’t have a kitchen to themselves? What recipes might they need? What shelf-stable snacks might be nice to have in their shelter apartment?
Agenda

- What is the impact of poverty?
- Build trust and messaging for vulnerable populations.
- Defy myths behind healthy eating on a budget.
- Simplify cooking, grocery shopping, and storing food for clients.
  - Evidence-based food and nutrition education resources
Resources:
Ask Aunt Bertha
https://www.auntbertha.com/

Search for free or reduced cost services like medical care, food, job training, and more.

Zip 90210
Search

246,468 people use it (and growing daily)
On a Food Budget?

Spend Smart Eat Smart - http://www.extension.iastate.edu/foodsavings/

Food Hero - https://www.foodhero.org/

Choose MyPlate Healthy Eating on a Budget - http://www.choosemyplate.gov/budget

Feeding America’s Healthy Food Bank Hub - http://healthyfoodbankhub.feedingamerica.org/

Dietitian Reviewed Health Apps: http://www.foodandnutrition.org/Nutrition-Apps/
CEU Credits for Dietitians and Dietetic Technicians

PA NEN has been approved to provide:

• Registered Dietitians Nutritionists and Dietetic Technicians with 1 Continuing Education Credit at CPE Level 1 from the Commission of Dietetic Registration.

• Certified Health Education Specialists and/or Master Certified Health Education Specialists to receive 1 Category I continuing education contact hours.

An email from pa_nen@phmc.org will be provided with a signed certificate for your submission within 24 hours of the completion of this webinar.
Webinar Evaluation


We Want...

The Good

The Ugly

The Bad

https://www.google.com/
Do YOU have any questions?
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