Healthy Pantry Partnerships
Harvesters and agencies team up to promote healthy eating

Harvesters’ Healthy Pantry Partnership program pairs a Harvesters’ AmeriCorps member with a pantry over several months to assist with projects such as creating a client-choice model, re-arranging the pantry to feature healthy items, adding signage to educate about food safety and nutrition, recipe demonstrations, conducting client satisfaction surveys, teaching nutrition classes, and providing recipes and food prep advice.

Nearly a dozen agencies have already participated in the Health Pantry Partnership program. Susan Webb, director of the Village Church Food Pantry, said the Healthy Pantry Partnership provided her agency with ideas on how to increase service to clients. “Harvesters provided our clients with educational classes and personalized guidance on making healthy choices when shopping and cooking. Our Healthy Pantry Partnership representative offered free hot food samples as a fun way to share cooking tips for healthy foods. These were nutritious foods that may be unfamiliar, but are frequently offered in our pantry such as quinoa and ground turkey.”

Lavina Wall, director of the I-Care Food Pantry says the Healthy Pantry Partnership provided great value. “Sally’s visits kept us motivated and provided direction as we repainted our pantry in MyPlate colors and rearranged our food. Sally helped find resources to use in educating the clients. Her excitement and support was most beneficial as we worked through details and ideas. We now have a “state of the art” food pantry that increased 25.9 percent in the number of households served in 2016.”

In January, Harvesters launched the third round of Healthy Pantry Partnerships. Palestine Senior Center Activity Center and Catholic Charities of Northeast Kansas were selected to participate.

To learn more about how your agency could become a Healthy Pantry Partner, contact Nutrition Services at 816.929.3034 or nutrition@harvesters.org.

Celebrate National Nutrition Month® this March! Created by the Academy of Nutrition and Dietetics this special month helps focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

For nutrition resources and to learn more visit these resources:
- Harvesters’ Nutrition Month Page: www.harvesters.org/nutritionmonth
- Feeding America’s Hunger & Health: www.hungerandhealth.org
- MyPlate: www.choosemyplate.gov
- The Academy of Nutrition and Dietetics: www.eatright.org/resources/national-nutrition-month
A Note From Program Services

You’ll notice this issue is focused on nutrition not only because March is National Nutrition Month® but also because healthy eating is one of Harvesters’ four main initiatives. There is so much information on the key role nutrition plays in everyone’s life so we wanted to share some key resources for you to explore and share with clients.

We also want to introduce our nutrition team to you and highlight our nutrition programs which can benefit your clients.

While we’re focusing on nutrition, we haven’t lost sight of other items of interest to you. This newsletter also includes information on upcoming agency conferences, food safety training, a construction update and more.

We appreciate all you do for the hungry in our communities. If you have any questions or concerns, please do not hesitate to contact me at jkejr@harvesters.org or 816.929.3045.

Sincerely,

Jessica Kejr
Director of Program Services

Handling Fee Reminder

As announced in January Increase Takes Effect April 3

Harvesters’ partner agencies all share in the cost of collecting, storing, and distributing the food Harvesters provides. Agencies do this by paying a handling fee. To meet the increased costs of providing food for our agencies, Harvesters is increasing the handling fee for the first time since 2013. Effective April 3, 2017, the maximum handling fee will increase from $0.13 per pound to $0.16 per pound.

As in the past, no handling fee will be charged on highly perishable products like dairy, bakery and fresh produce due to the short life span of these items and the need for quick distribution. When these items with no fee are included, agencies will continue to pay, on average, a fee of $0.02 a pound to acquire food from Harvesters.

Save the Date for this Partner Agency Workshop

Watch for more information!

Join Harvesters in an interactive workshop to learn about the Intersections of Hunger and Health. Learn about the health issues our neighbors are experiencing, Harvesters’ response to these needs, and how your food program can be part of the solution in helping to make the healthy choice the easy choice. Join your peers from the Partner Agency Network to share best practices and how to implement healthy changes in your own food programs.

Kansas City
Tuesday, April 18
9 to 11 a.m.
Harvesters – 3801 Topping Ave., KCMO

Topeka
Wednesday, April 19
9 to 11 a.m.
Venue to be determined

More information to come via email, with full event details and a link to register for the event.

Get agency updates online at: www.harvesters.org/agencies
Nutrition Services is here to help!

Meet the team

Harvesters has a full team dedicated to nutrition education. Our team can teach nutrition classes at your agency, provide recipes or demonstrations, and share our expertise on best practices to incorporate into your agency so the healthy choice is the easy choice!

Taryn Glidewell
Nutrition Services Manager

Julie Huse
Nutrition Services Supervisor - KC

Sarah Karns
Nutrition Services Coordinator - Topeka

Jenn Anderson
Nutrition Services Coordinator - KC

Nutrition Classes’ Impact on Clients

FY16 Project STRENGTH evaluation

Harvesters’ Project STRENGTH program teaches adults how to prepare healthy meals with limited resources, plan meals and comparison shop. An evaluation by the Kansas City Area Education Research Consortium showed 90 percent of participants changed something about the way they eat as a result of the class.

For more specific findings, please see the Project Strength section at: www.harvesters.org/agencies/resources

Help Us Feed Kids This Summer!

Sign up to be a Kids Cafe site

It’s not too early to start thinking about summer! The Summer Food Service Program starts June 1, and Harvesters is looking for sites interested in serving meals through the Kids Cafe program. Harvesters provides the meals which are served at public locations like parks, community centers, churches, libraries, farmers markets, sporting events, or other special events.

If you are interested in learning more, please contact the Kids Cafe Team at kidscafe@harvesters.org or 816.929.3262.

Midwest Dairy Council Mini-Grant

Apply for this great Dairy Nutrition Education opportunity

Midwest Dairy Council is offering dairy nutrition education mini-grants. This mini-grant is intended to help educate families utilizing emergency food assistance about how to incorporate dairy foods into a healthy well balanced meal or snack to boost nutrition.

The mini-grant award of $200 will be used to educate clients and families in a food pantry and/or WIC setting, by providing nutrition education and conducting a food demonstration preparing a low cost, minimal ingredient recipe which includes dairy as an ingredient. The presentations will be completed between June 1st and September 30th, 2017. Applicants must reside in one of the following states to be eligible: Arkansas, Illinois, Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota. Thirty-six (36) mini-grants are available. Learn more, apply online by April 1, 2017 at www.tinyurl.com/midwestdairycouncil.

To contact the team with questions or to request services

Email: nutrition@harvesters.org

Call: 816.929.3034 in Kansas City
Call: 785.861.7734 in Topeka

Get agency updates online at: www.harvesters.org/agencies
Construction at Harvesters’ Kansas City facility is nearly complete! The bulk of the project should be finished sometime in April. Thank you for your patience and flexibility throughout this process.

Work on the cooler and clean room is now complete. Volunteers will soon start repackaging bulk donations of items such as beans, pasta, cereal and rice into consumer-sized bags or boxes in the clean room. Watch for these items to appear on the menu soon!

Check the construction page on Harvesters’ Agency webpage to stay up-to-date on the construction project.

Safe Food Handling Training

Agencies must complete food safety training at least every two years, or whenever there is turnover among agency staff or volunteers. You can update your food safety certification by completing the food safety training posted on our website: www.harvesters.org/agencies/resources. Please refer to the section titled “Food Safety Training Classes.”

If your agency staff or key volunteers are certified through an equivalent training, such as ServSafe or your health department, you can submit current certification documents to customercare@harvesters.org.

Connect with Us

Join the Agency Facebook Page

If you haven’t joined the Facebook group for Harvesters’ Network of Agencies, please request to join at www.tinyurl.com/partneragencies.

Stay up-to-date on all the latest network news and share best practices with other agencies. Need help joining the page? Contact our Communications Department at 816-929-3073.