

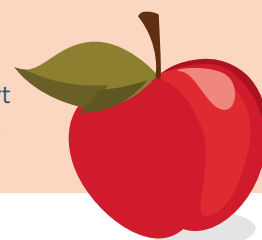
Increasing Food Access & Healthy Eating among SNAP Participants at Food Pantries

Need

Individuals and households with low income, including SNAP participants, continued to struggle to consistently acquire enough food to feed themselves and their families, as a result of COVID-19 and the economic downturn. Food pantries serve as one source of emergency food for many SNAP-eligible families. Yet, food pantries face many challenges. They report difficulty in acquiring fresh produce. They also indicate that many clients are not familiar with some foods donated by food pantries.

Solution

Partnerships between food pantries and SNAP-Ed provide a perfect pairing to mutually support food access and healthy eating for food security and optimal health. This infographic highlights Virginia SNAP-Ed nutrition education activities at food pantries.



Community Gardening-Food Pantry Partnership

In Salem, a partnership between the Giving Garden and Virginia SNAP-Ed resulted in the donation of freshly picked produce to a food pantry nearby. Virginia SNAP-Ed then provided resources on how to prepare the produce. Virginia SNAP-Ed also provides resources for community gardens and gardens to go in eligible communities.

What to do with....

A common request from food pantries to Virginia SNAP-Ed was education to encourage the consumption of unfamiliar produce that food pantries were distributing. As a result, Virginia SNAP-Ed developed a series of "What to do with..." with information on processing, nutrition information, and simple nutritious recipes.

What to do with... Sweet Potato

- Cooking/storing/preparing info:**
 - Roast with or without peel on (serve as side dish, hash, or with eggs and other roasted veggies)
 - Bake, boil, or steam (great for soups or baked potatoes)
 - Purée (soup or pie filling)
 - Spiralize to make noodles
 - Store in a cool, dry area for up to 2 weeks
- Comes in many colors:** orange, white, pink, violet, yellow, and purple
- Sweet potatoes are not yams; they are different species**
- Distantly related to regular white potatoes**

General nutrition information:
High in fiber.
Rich in vitamin A, which is good for eye health.
Excellent source of vitamin C.

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Look and Cook Series

Virginia SNAP-Ed created a Look and Cook recipe series designed to visualize how to prepare low-cost, healthy recipes, for non-cooks and individuals with low food literacy. This series of recipes was designed for use with food pantry partners. To date, 25 look and cook recipes have been completed.

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Garden Vegetable Wrap

Prep Time: 10 minutes
Total Time: 15 minutes

Ingredients

- 1 1/2 ounces reduced fat cream cheese
- 2 carrots, shredded
- 1 cup spinach, chopped
- 1 tomato, sliced
- 1 bell pepper, chopped
- 1 cup reduced fat cheddar cheese, shredded
- 4 whole wheat tortillas

Directions

- Spread cream cheese evenly onto each tortilla.
- Place carrots, spinach, tomato, bell pepper, and cheese on top of cream cheese.
- Roll up tightly and secure with a toothpick, if needed.

Quick Tips

- Try using different vegetables, such as avocado, zucchini, cabbage, cauliflower, onion, and beans to make this wrap.
- Try roasting the vegetables before making these wraps.
- Substitute the cream cheese for strained yogurt or hummus.

Nutrition Facts

Per Serving (1 wrap)	
Calories	180
% Daily Value*	
Total Fat	15g
Sodium	450mg
Total Carbohydrate	25g
Fiber	5g
Sugars	10g
Protein	10g

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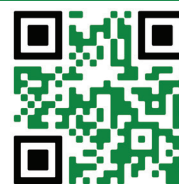
(Recipe adapted from <https://www.bettycrocker.com>)

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Client Outreach Strategy

Virginia SNAP-Ed partnered with the Food Bank of Southeastern Virginia and the Eastern Shore to pilot the use of quick response (QR) codes as a client outreach strategy. The QR codedirected clients to a specially designed website, Nourish, that housed nutrition education, physical activity resources, and community specific information: <https://eatsmartmovemoreva.org/nourish/>

- OPEN IT:** open your camera or QR phone app
- POINT IT:** point your phone at the QR code
- SCAN IT:** wait for the link to appear



Scan often for recipes and more!

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Virginia Cooperative Extension • Family Nutrition Program

For more information and resources visit:
eatsmartmovemoreva.org/nourish/