



**A FRESH APPROACH
TO ENDING LOCAL HUNGER**
formerly the Eagan & Lakeville Resource Centers

Healthy Food Policies

“We all do better when we all do
better.”

- Paul Wellstone





COACH
ING LOCAL HUNGER
an & Lakeville Resource Centers





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Overview

- Getting started
- Communicating with stakeholders
- Implementing Policy
- Evaluating results





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Getting Started

- Increased access to healthy food
 - Goal in 2012 was 70% fresh/perishable inventory
- Staff discussions around healthy food policy
idea: 2012-2013
 - Food we wanted increase/decrease
 - How far does the policy go? Staff, Board, Volunteers?



Communicating with Stakeholders

- Clients
 - Eagan – Post-implementation Survey
 - Lakeville – Pre-implementation Survey, will conduct post-implementation survey in January
- Volunteers
 - Emails, signage, trainings, feedback sessions
- Donors
 - Healthy Food Drive list
 - Email messaging, press releases, media interviews





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Implementing Policy

- Eagan:
 - The Good: Volunteer awareness, policy scope, donor information, media preparation
 - The Bad: Food shelf layout and inventory preparation
 - The Ugly: Client input *before* implementation





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Implementing Policy

- Lakeville:
 - Conducted pre-implementation client survey
 - Reorganizing shelf layout and ordering replacement healthy food inventory *before* implementation



Evaluating Results

- Eagan Survey:
 - Clients support the HFP: 88% of clients that were aware of the Healthy Food Policy were *supportive or very supportive* of the Healthy Food Policy
 - Cost is the biggest barrier to healthy food: 54% of clients said it is *difficult or very difficult* to provide family with healthy foods. 88% of those clients identified cost as a barrier.





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Evaluating Results

- **Lakeville Pre-Implementation Survey:**

Has a doctor or other health care professional ever said that you or someone in your household:

Should lose weight?	45%
Has hypertension, also called high blood pressure?	40%
Has diabetes or sugar disease, including borderline or pre-diabetes?	29%
Has high blood cholesterol?	24%
Has heart disease, or cardiovascular disease?	9%





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Technical Assistance

- What do you say when asked:
 - What's wrong with clients having a treat once in a while?
 - Aren't you taking away client's choice?
 - What do you do with the food you don't distribute?
 - How do you get healthier foods in your food shelf?
 - How do you decide what healthy food is?
 - How do we pay for all of this?
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