



**Healthy Food Policy
and NEAT Program**

Scott Hvizdos, Program Director



Meeting Basic Needs.
Building Stronger Communities.

- ▶ Serves Bloomington, Richfield, Edina and a portion of south Minneapolis
- ▶ 19 FTE staff, 964 volunteers in 2013
- ▶ Founded in 1973
- ▶ Moved to new building January 2014, which also houses Hennepin County's South Suburban Hub



VEAP's Food Program

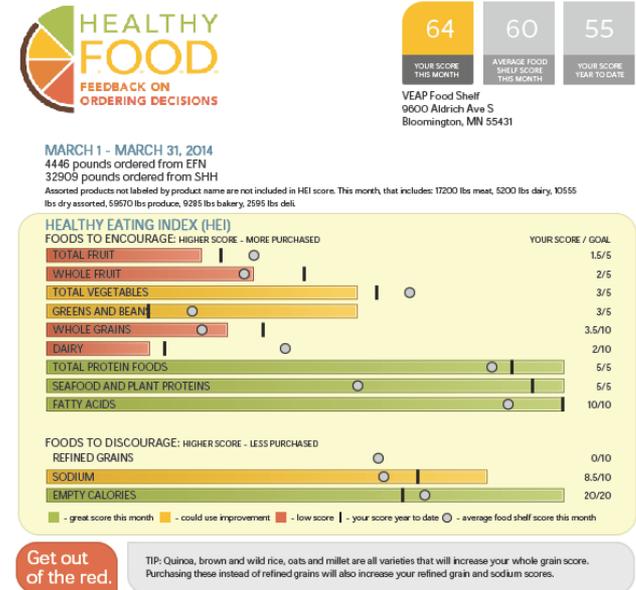
- ▶ Food is one of four Programs promoting stability for low-income households
- ▶ 5200 households visited the VEAP Food Program at least once in 2013
- ▶ Distributed 2.2 million pounds of food



Star Tribune, May 2014

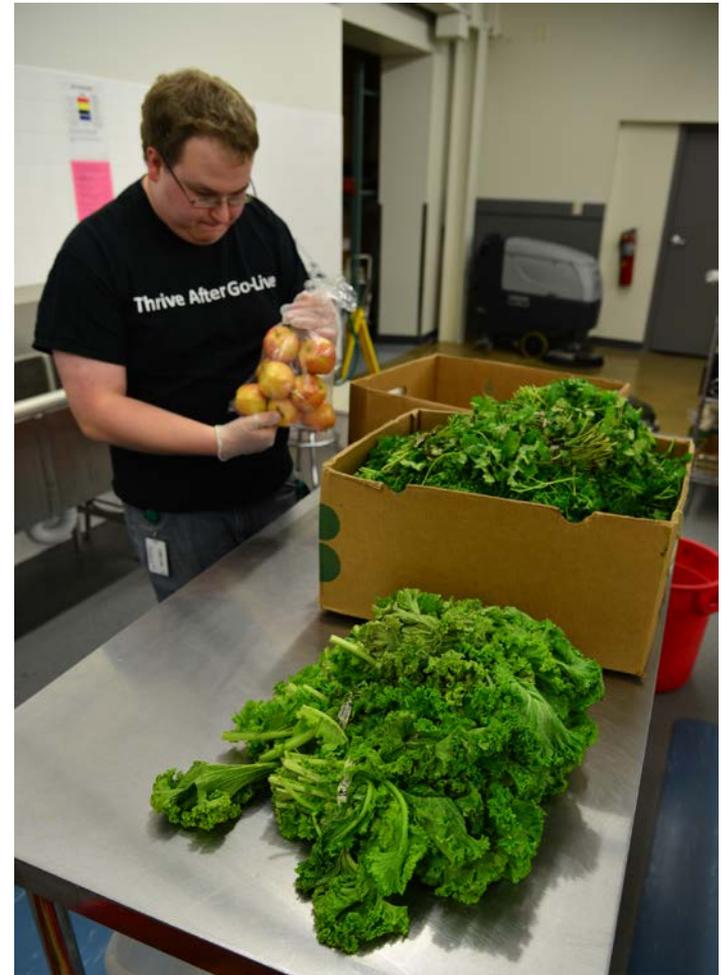
Healthy Foods Policy in Practice

- ▶ 80% of the food we distribute is ordered from food banks, allowing us to choose healthier options.
- ▶ New building has expanded facilities for receiving, processing and distributing produce
- ▶ VEAP participates in the [Healthy F.O.O.D program](#).
- ▶ Cooperation with Bloomington Department of Public Health, including:
 - 2013: a campaign to increase donations of fresh produce, resulting in 20,000 pounds from area gardeners
 - Summer 2014: U of M Grad Student expanding evaluation of Food Program with focus on nutrition.



Healthy Foods Policy: Results

- ▶ More than 40% of the food distributed by VEAP in 2013 – totaling 951,095 pounds – was fresh produce.
- ▶ In the first three months of service at VEAP's new building, we distributed more than 250,000 pounds of fresh produce – an increase of 60,000 pounds compared to the previous period in 2013.



Star Tribune, May 2014



NEAT

Simple Cooking.
Better Eating.

Nutrition Education And Teaching Program



NEAT

Simple Cooking.
Better Eating.

Nutrition Education And Teaching Program

- ▶ Discussions began in August 2012
- ▶ Decided to add a commercial kitchen to new facility
- ▶ Developed in partnership with:
 - Bloomington Public Health
 - University of Minnesota Extension
 - General Mills volunteers

NEAT: Guiding Principles

- ▶ NEAT activities are designed *to empower clients to make healthy food choices*, in the context of a limited budget, through nutrition education and skill building.
- ▶ Our goal is to raise awareness that real foods are healthier, easy to cook, and taste great!

3 Components of NEAT:

▶ 1. Repurposing

- Reduce food waste and to show clients they can do the same
- Transform expiring produce into something healthy and delicious
- Customized recipes to improve nutritional value



3 Components of NEAT:

▶ 1. Repurposing

To date:

- 800+ loaves of banana bread baked, distributed
- 2159 lbs of bananas spared
- Recipe, process & procedures finalized for regular shifts through the summer

Next Steps:

- Develop more recipes (soups, smoothies)
- Expand & fill volunteer opportunities



3 Components of NEAT

▶ 2. Food Sampling

- Offer delicious and nutritious food samples, prepared in our kitchen
- Feature healthy foods we have in abundance
- Take-home recipes featuring ingredients available from the VEAP food shelf

 UNIVERSITY OF MINNESOTA | EXTENSION

Green Beans with Tomatoes and Basil

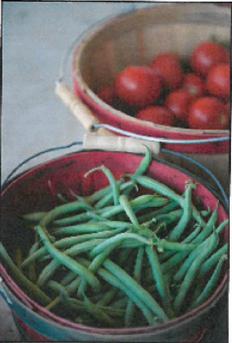
INGREDIENTS

1 pound	Green beans (ends snipped)
1 Tablespoon	Olive oil
1	Onion (small, finely chopped)
1 can	Tomatoes (14-oz can, drained & chopped)
1 Tablespoon	Basil (fresh or ½ teaspoon dried)

Salt and pepper (to taste, optional)

NUTRITION TIPS

- Provides Vitamin C –protects skin from bruising, heals cuts and keeps gums healthy
- Vitamin K & Magnesium - helps build strong bones
- Potassium - helps maintain healthy blood pressure
- Fiber - helps control cholesterol and keeps you regular



 UNIVERSITY OF MINNESOTA | EXTENSION

© 2018 Regents of the University of Minnesota. All rights reserved. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this material is available in alternative formats upon request. Direct requests to 612-551-5522.
Printed on recycled and recyclable paper with at least 10 percent post-consumer waste material. This material is funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low incomes.

3 Components of NEAT

▶ 2. Food Sampling

To date:

- Piloted sampling with U of M Extension for 8 weeks
- Samples & info distributed to 328 households
- 130 indicated interest in classes

Next Steps:

- Working with U of M to develop curriculum to train volunteers.



3 Components of NEAT

▶ 3. Nutrition & Cooking Classes

- Teach clients how to use and prepare fresh produce and other nutritionally rich foods in delicious, simple, and low-cost way
- Topics may include:
 - Food selection
 - Meal planning on a budget
 - Food preparation skills
 - Healthy eating



3 Components of NEAT

▶ 3. Nutrition & Cooking Classes

To date:

- First class started June 19
Simply Good Eating curriculum

Next Steps:

- Complete class, assess and revise curriculum





Scott Hvizdos, Program Director

scotth@veap.org

952-955-8318