



Review & Updates



Nutrition Driven

Palm Beach County Food Bank

Delivering Healthy Food and Education

The Palm Beach County Food Bank

From a centralized warehouse location, we rescue, collect, and distribute food at no cost to agencies participating in one or more of our four core programs. The Palm Beach County Food Bank is the only locally-led and governed food bank in Palm Beach County that distributes food to these agencies at no cost. We are committed to aiding those agencies that take on the daily responsibility of serving the hungry and poor while providing educational and supportive opportunities through our programs.

Nutrition Driven

The Palm Beach County Food Bank's Nutrition Driven program serves the Palm Beach County community through an educational mobile food pantry that distributes fresh and healthy food with essential core nutritional concepts through an educational program series.

This program is delivered in partnership with the Palm Beach County Cooperative Extension - University of Florida/Institute of Food and Agriculture Sciences Expanded Food and Nutrition Education Program (EFNEP). Together, Nutrition Driven teaches program participants about core nutritional values, food safety and preparation, simple recipes, and smart shopping tips through an evidence-based eight module program series.

Program Design

Nutrition Driven addresses critical societal concerns by influencing nutrition and physical activity behaviors. Living in poverty creates barriers to access of health services, healthy food, and other necessities that hinder health status. In Palm Beach County (PBC), 61% of adults are overweight/obese, 74% of adults do not eat at least five fruits and vegetables per day, 13% of residents live in poverty, and 16.44% receive Medicaid. PBC identifies its residents as 75.83% White, 17.53% African American, 2.36% Asian with nearly 20% of them being Hispanic/Latino.

Program Goal

The overall goal of the program is to improve the health of those in low-income/limited access areas of Palm Beach County by increasing access to healthy foods, educating the primary preparer of meals for families with children under the age of 19 through an educational series, and furthermore, contributing to the mitigation of other chronic health disparities.

Evaluation and Reporting

EFNEP has a strong history of evaluation and reporting. Data is collected locally and analyzed nationally. EFNEP evaluation and reporting is done through the Web-based Nutrition Education Evaluation and Reporting System (WebNEERS), a tool designed by Clemson University and NIFA

Summary

Palm Beach County is the richest agricultural community east of the Mississippi, producing over 30 seasonal crops and 20 tropical fruits. Focus group research and local experience indicate that many residents in food insecure pockets of the community cannot identify what others may consider familiar produce and also lack access. Through Nutrition Driven, individuals responsible for feeding their families are introduced to and are provided with Florida's locally grown produce, educated on the nutritional value of the food, instructed on how to prepare it, how to store it safely and how it can be purchased for the best value. Nutrition Driven equips individuals who lack access and financial resources with the tools to make healthier decisions for their families. Nutrition Driven delivers demonstrated success for improving health outcomes for at-risk populations and underserved communities in Palm Beach County and teaches concepts that can be shared with their families to help create positive lasting change for future Floridians.



2015 Program Results

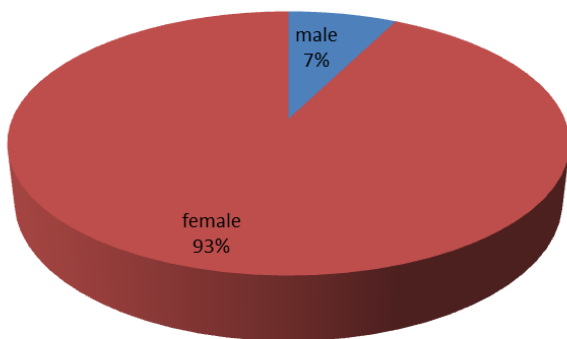
Current results are trending in alignment with last year's county and statewide outcomes and results. Nutrition Driven launched in January 2015. Empirical data from pre and post program participant surveys demonstrates the program impact and success at helping Floridians incorporate positive behavior changes into their lifestyle. The data included in this Executive Summary is inclusive of education sessions completed January through December, 2015.

I. Population

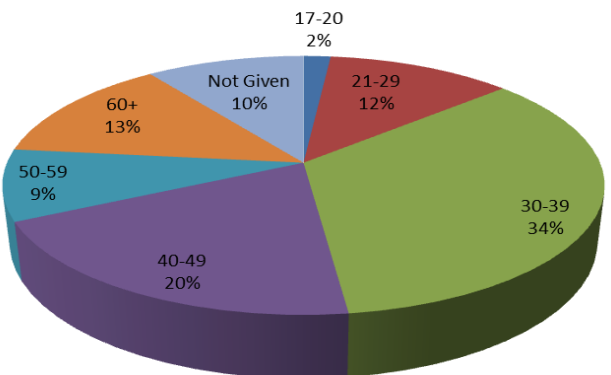
- Number of Sites: 20
- Number of Program Graduates: 348
- Number of Total People in Program Families: 1418

II. Demographics

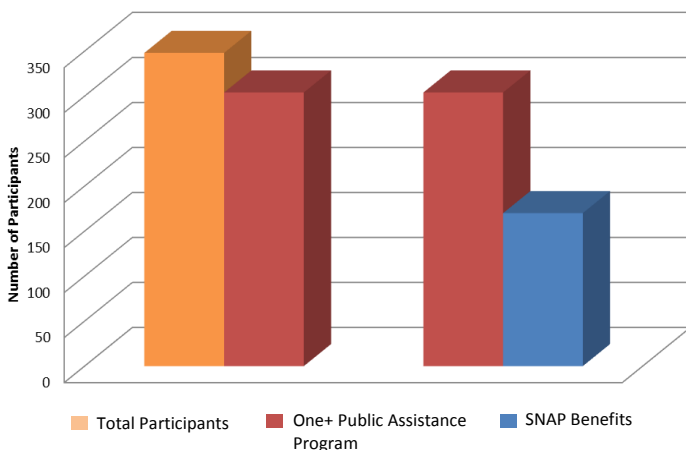
Gender



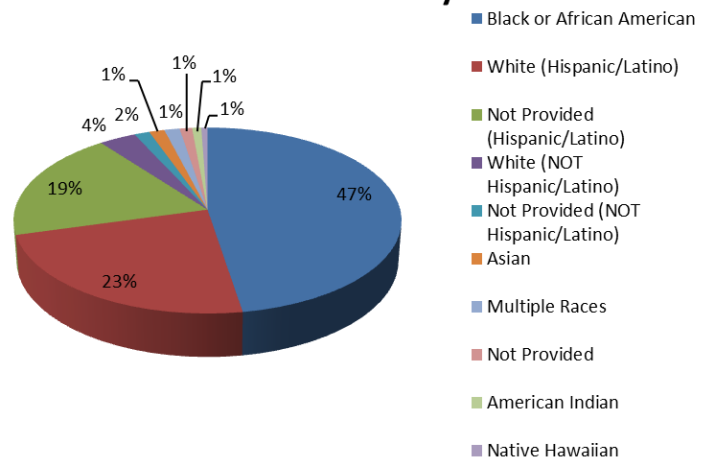
Age



Participation in Public Assistance Programs



Race & Ethnicity



III. Summary of Behavioral Changes

Food Resource Management Practices:

- 90.4% of participants showed improvement in one or more food resource management practice

Nutrition Practices:

- 93.1% of participants improved in one or more nutrition practice

Food Safety Practices:

- 74.2% of participants showed improvement in one or more food safety practice

Physical Activity:

- 39.8% of participants had a positive change in physical activity upon completion of the program

Based on 24 hour food recall

- 95.5% had a positive change in one food group at graduation (Fruits, Vegetables, Grains or Protein)

IV. Food Distribution

- More than 35,000 lbs. of fresh food distributed
- Over 29,000 meals served

2016 Program Updates

V. Population

- Total Number of Sites (to date as of 7/28/16): 37
- Total Number of Program Graduates: 646
- Total Number of Sites Scheduled for 2016 calendar year: 26
- Total Number of Expected Graduates (Jan 2016-Dec 2016): about 700
- Number of Total People in Program Families: not available
- Total Number of Pounds distributed: 65,000 lbs
- Estimated Number of Meals: 54,000

