

Facilitating Healthy Changes at Food Pantries through the Development and Utilization of a Standardized Environment Assessment Tool



Gaelen Ritter, Nutritional Sciences Program, MPH Candidate & Dietetic Intern

Background

- ❖ 12.9% of Washington households are classified as food insecure¹
 - ❑ 1:7 Washingtonians rely on SNAP²
 - ❑ 1:5 Washingtonians rely on their local food pantry²
- ❖ Shift in the clientele served by food aid services since the 2008 recession³
 - ❑ Short-term crisis → chronically food insecure
- ❖ Food aid services have the potential to impact the nutritional quality and the diets of their recipients³
 - ❑ Additional research is needed to systematically evaluate the food pantry environment

Purpose

Support WSU Extension SNAP-Ed Program and the Regional Nutrition Education and Obesity Prevention Centers of Excellence Western Region (RENECE-W) to field test a scored pantry environmental assessment tool, and use this tool to implement environmental changes at a local food pantry.

Methodology

1. Analyze Pre- Healthy Food Pantry Assessment
2. Develop an implementation plan for environmental interventions
3. Implement proposed interventions
4. Conduct a Post- Healthy Food Pantry Assessment
5. Evaluate environmental changes and accuracy of tool

Results

Assessment Summary Score Sheet		Field: Healthy Food Pantry Assessment Tool
Add together the subtotals in light blue for the GRAND TOTAL		
A. Pantry Location and Entrance	A.1 Subtotal (#1-10)	11
*Remember to subtract the Walkability Checklist score from A.1 Subtotal		
B. Food Available to Clients	B.1 Subtotal (#11-16)	5
	B.2 Subtotal (#17-22)	16
	B.3 Subtotal (#23-27)	6
	B.4 Subtotal (#28-31)	6
	B.5 Subtotal (#32-36)	7
	B. Food Available to Clients Subtotal	40
C. Policies of the Food Pantry	C.1 Subtotal (#37-41)	2
D. Frozen, Chilled, Dry Storage, and Food Safety	D.1 Subtotal (#42-43a)	2
	D.2 Subtotal (#45-50)	9
	D. Frozen, Chilled, Dry Storage and Food Safety Subtotal	11
E. Services for Clients	E.1 Subtotal (#51-53)	1
	Healthy Pantry Assessment Score GRAND TOTAL	65
ADD Subtotals (A, B, C, D, E) together, score should be >= 100		

Assessment Summary Score Sheet		Field: Healthy Food Pantry Assessment Tool
Add together the subtotals in light blue for the GRAND TOTAL		
A. Pantry Location and Entrance	A.1 Subtotal (#1-10)	13
*Remember to subtract the Walkability Checklist score from A.1 Subtotal		
B. Food Available to Clients	B.1 Subtotal (#11-16)	7
	B.2 Subtotal (#17-22)	17
	B.3 Subtotal (#23-27)	5
	B.4 Subtotal (#28-31)	9
	B.5 Subtotal (#32-36)	10
	B. Food Available to Clients Subtotal	48
C. Policies of the Food Pantry	C.1 Subtotal (#37-41)	4
D. Frozen, Chilled, Dry Storage, and Food Safety	D.1 Subtotal (#42-43a)	2
	D.2 Subtotal (#45-50)	8
	D. Frozen, Chilled, Dry Storage and Food Safety Subtotal	10
E. Services for Clients	E.1 Subtotal (#51-53)	2
	Healthy Pantry Assessment Score GRAND TOTAL	77
ADD Subtotals (A, B, C, D, E) together, score should be >= 100		

- ❖ Healthy Food Pantry Assessment Tool captured the implemented environmental interventions
- ❖ The post-assessment score of the targeted food pantry increased 12 points from the pre-assessment:
 - ❑ (1) Walkability; (2) Food distribution to clients; (3) Canned and dried fruits, vegetables and lean proteins; (4) Low-fat dairy, eggs, and grains; (5) Policies
- ❖ Despite an overall increase, the food pantry scored worse on:
 - ❑ (1) The variety of frozen lean protein offered; (2) Evidence of pests on the premises
- ❖ **The increase in points was not completely attributed to the interventions of this project**

Conclusion

1. The Healthy Food Pantry Assessment is an effective tool to systematically evaluate the food pantry environment
2. The collaboration between food pantries and their stakeholders is integral to the development of specific and appropriate environmental interventions to facilitate healthy choices for food pantry clients

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(1) Coleman-Jensen, A., Rabbit, M., Gregory, C., & Singh, A. (2016). Household food security in the United States in 2015. ERR-215, US Department of Agriculture, Economic Research Service, September 2016. (2) Northwest Harvest. (2015). WA Hunger Facts. Retrieved January 30, 2017, from <http://www.northwestharvest.org/wa-hunger-facts> (3) Campbell, E., Webb, K., Ross, M., Crawford, P., Hudson, H., and Hecht, K. (2015). Nutrition-focused food banking. Discussion Paper, Institute of Medicine, Washington, DC.