



**CENTRAL
TEXAS
FOOD
BANK**

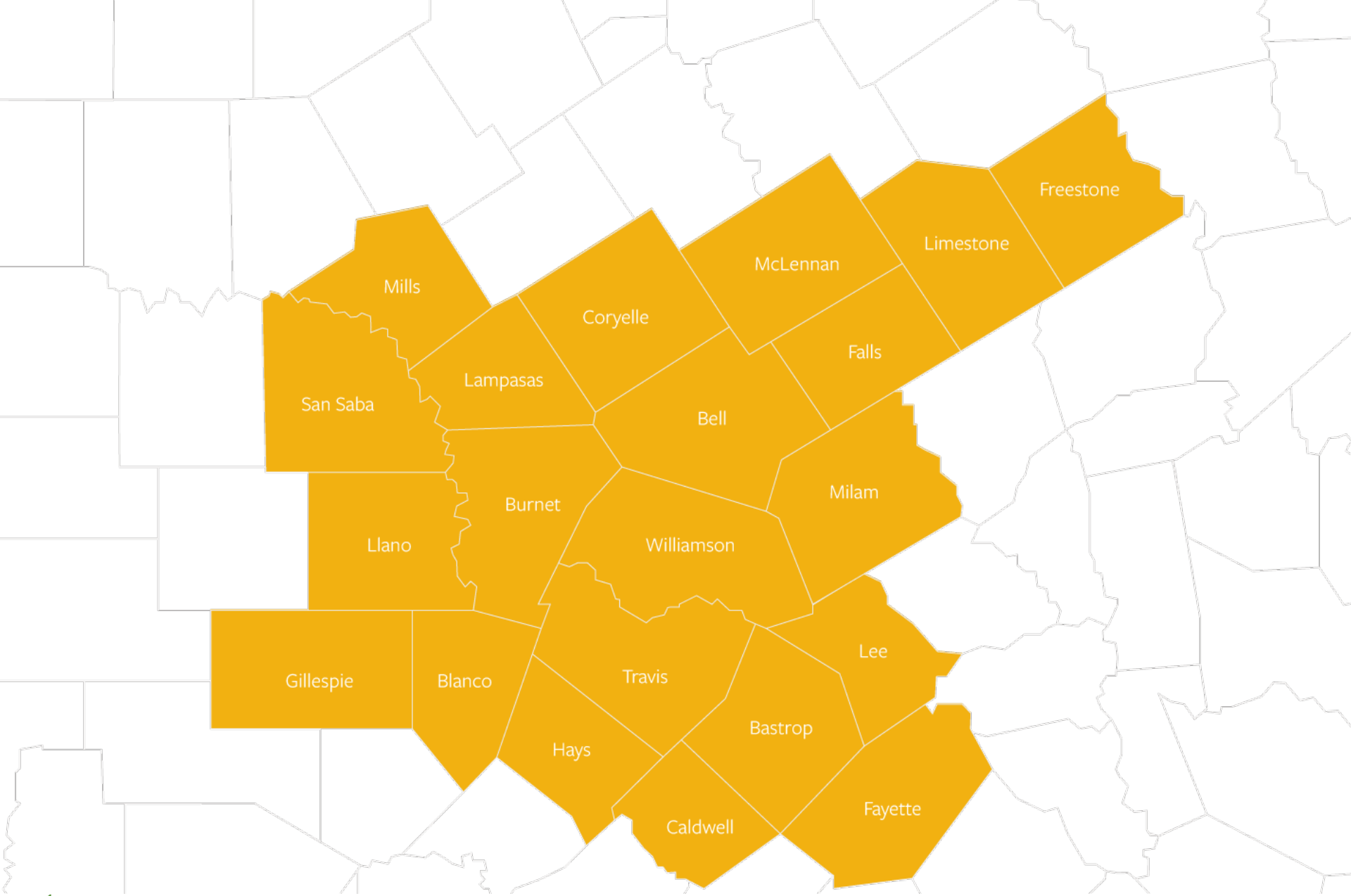


The mission of the Central Texas Food Bank is to nourish hungry people and lead the community in the fight against hunger.

About the Food Bank...

- ❖ **CTFB's Mission:** to nourish hungry people and lead the community in ending hunger
- ❖ **More than 1 in 6 Central Texans are at risk of hunger**
- ❖ 46,000 people served per week – one-third of them are children
- ❖ New Facility full operations began on June 20th, 2016





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Hurricane Harvey Response

- ❖ **243,000** pound of emergency food, water, and hygiene products (personal and cleaning) to affected areas as of 9/8/17
- ❖ **3,000** hours of volunteer time donated to help with assembly of emergency food boxes
- ❖ Working with **Charlie Bravo Aviation** in Georgetown, TX to provide bottled water and other supplies to be airlifted to **Beaumont, TX**
- ❖ Provided support to evacuee shelter nearby in the **MET Center**
 - ❖ Kitchen prepared breakfast to the evacuees



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HUNGER IN WILLIAMSON COUNTY





Meal Gap in Williamson County

- ❖ 13.9 % of residents don't know where their next meal will come from
 - ❖ 65,940 residents
- ❖ 19.7 % of children under 18 years old are food insecure
 - ❖ 25,680 children
- ❖ Of those children, 54% are not income-eligible for federal nutrition assistance



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FY16 Impact

❖ **5,110,145** pound
of food
distributed to
25,0505
individuals at **27**
Partner Agencies
and programs



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5 Largest Partner Agencies in Williamson County

❖ Round Rock Serving Center - Round Rock

- ❖ Served an average of 3,864 individuals each month
- ❖ Distributed 1,116,649 pounds of food

❖ Shepherd's Heart - Taylor

- ❖ Served an average of 3,599 individuals each month
- ❖ Distributed 373,954 pounds of food

❖ Reveal Resource Center - Cedar Park

- ❖ Served an average of 5,631 individuals each month
- ❖ Distributed 619,462 pounds of food

❖ Hill Country Community Ministries- Leander

- ❖ Served an average of 1,188 individuals each month
- ❖ Distributed 338,734 pounds of food

❖ Caring Place - Georgetown

- ❖ Served an average of 1,374 individuals each month
- ❖ Distributed 585,100 pounds of food



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Capacity Building

- ❖ Round Rock Serving Center received two freezers and a cooler
- ❖ Hill Country Community Ministries received a walk-in cooler
- ❖ 24 cooking demonstrations and nutrition classes in FY16



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Central Texas Food Bank's Nutrition & Health Initiatives

❖ CHOICES Nutrition Education Program

❖ <https://www.centraltexasfoodbank.org/get-help/nutrition-education>

❖ <https://www.centraltexasfoodbank.org/recipes>

❖ Breastfeeding Education Program

❖ <https://www.centraltexasfoodbank.org/get-help/breastfeeding-education>

❖ Fresh Foods For Families (FFFF)

❖ <https://www.centraltexasfoodbank.org/get-help>



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Central Texas Food Bank's Nutrition & Health Initiatives

- ❖ Diabetes Box Program (DBP) in coordination with Baylor Scott & White
- ❖ Healthy Pantry Initiative (HPI)
 - ❖ Round Rock Serving Center is 1 of 5 pilot partners
- ❖ Healthcare Strategies/Partnerships
 - ❖ Food Insecurity Screening Initiative
 - ❖ Clinic/Hospital-Based Food Pantry



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BSW Health Diabetes Box Program

Launched in FY17 in partnership with Baylor Scott & White Health, the Central Texas Food Bank collaborated with 3 Partner Agencies to include the following components:

- ❖ HbA1c screenings for diabetic clients at Partner Agencies
- ❖ Group education classes focused on diabetes management provided in English and Spanish by diabetes educators to meet the cultural, linguistic, and readiness needs of clients
- ❖ Diabetes-friendly food boxes to assure access to high fiber, lean protein, low-fat dairy, and fruits and vegetables, while limiting refined carbohydrates, sodium, and saturated fat. The boxes will be distributed to clients after participation in the group classes.
- ❖ One-on-one support from local diabetes educators and other healthcare professionals to provide reinforcement of diabetes self-care behaviors
- ❖ Bi-directional referral system with local community health clinics to facilitate prompt primary care referral from the Partner Agencies and coordination of care



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BSW Health Diabetes Box Program

Desired Outcomes

- ❖ Begin the conversation between Partner Agencies and local healthcare organizations on addressing food insecurity and diabetes in their local communities
- ❖ Improve chronic disease management and health outcomes among food insecure, diabetic clients
- ❖ Increase participant's knowledge on making healthy choices and preparing nutritious meals
- ❖ Address challenges food insecure, diabetic clients face and begin coming up with sustainable solutions for Partner Agencies and local healthcare organizations to address these challenges
- ❖ Reduce the frequency of doctor's and emergency room visits related to complications of diabetes

Highlights

- ❖ 240 participants were enrolled in the Diabetes Box Program at three Partner Agencies
- ❖ 56 of 240 enrolled participants completed the 6-session class series with an overall retention rate of 23%
- ❖ 250 direct contacts (duplicated) and 265 food boxes distributed at Caritas of Waco
- ❖ 206 direct contacts and 195 food boxes distributed at CTLC
- ❖ 29 direct contacts and 39 food boxes distributed at First Baptist Church of Marble Falls Food Pantry

Future Steps

- ❖ Evaluating data to better inform future diabetes management intervention research and potential pilots
- ❖ Creating a Diabetes Intervention Toolkit to empower Partner Agencies to build and sustain their diabetes management programming



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Healthy Pantry Initiative

Launched in FY17 in partnership with five Partner Agencies to focus on developing and sharing best practices to encourage healthy food distribution and improving diet quality among the people we serve.

Desired Outcomes

- ❖ Improved individual health behaviors around food choices, cooking and eating.
- ❖ Improved community health profile around diet-related indicators.
- ❖ Emergency food distribution regarded as intrinsically linked to community health and wellness as well as an integral component of holistic health interventions.
- ❖ Increased dignity, agency, and resiliency among both individuals and whole communities experiencing hunger.

Findings from the pilot will inform a broader roll-out among our 260+ Partner Agencies in the coming years.



Healthy Pantry Initiative: Williamson County

Round Rock Area Serving Center: Highlights and Successes

- ❖ Displayed an average of 13 posters per month reaching an average of 1,081 clients per month.
- ❖ Distributed 2,625 total food preparation cards reaching an average of 1,078 clients per month.
- ❖ Displayed 10 shelf tags reaching an average of 1,012 clients per month.
- ❖ Hosted 3 Cooking Demonstrations reaching a total of 285 clients through direct and indirect education
- ❖ Trained an average of 10 volunteers/staff per month on topics, including Chronic Disease Prevention, Food Resource Management, Food Safety, Healthy Eating Habits, Importance of Fruits and Vegetables, Improving Nutrition Quality of Food Distributed, Nudges, and Health and Hunger.
- ❖ Increased volunteer confidence in recommending healthier options through access to training and resources.
- ❖ Shifted volunteer perspective with regard to the distribution of fresh produce, especially rescued produce, resulting in reduced waste and increased distribution of fresh produce.



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Healthy Resource Guide

HEALTHY RESOURCE GUIDE

Williamson County Food Resources

Do you qualify for SNAP (Supplemental Nutrition Assistance Program, formerly known as food stamps)?

To find your local HHSC office and determine eligibility visit <http://yourtexasbenefits.hhsc.texas.gov/> or call 2-1-1
For assistance determining eligibility, call Central Texas Food Bank at 1-855-366-3401

If you are pregnant or have children under five you may qualify for WIC, the Special Supplemental Nutrition Program for Women, Infants, and Children.

To find your local WIC site and determine eligibility visit <http://www.wcchd.org/services/wic/> or call 512-943-3600

Find a food pantry in your neighborhood to receive food.

Visit <https://www.centraltexasfoodbank.org/food-assistance/get-food-now> or call 512-282-2111

Find mobile pantries, Fresh Food for Families, and HOPE (food for seniors) schedules.

Visit <https://www.centraltexasfoodbank.org/get-help> or call 512-282-2111

Find summer meals for children and teenagers.

Visit <http://bit.ly/summerfeedingrocks> or call 1-866-3-HUNGRY

Find Farmers Markets accepting SNAP or WIC & Double Dollar Incentive vouchers.

Visit Texas Farmers' Market at Lakeline, 11200 Lakeline Mall Dr, Cedar Park, TX 78613 Saturdays 9:00 a.m. - 1:00 p.m. or call 512-282-2111

Find local health services and classes in your community.

Visit <http://www.wcchd.org/services/index.php> or call 512-943-3600

Discover classes on healthy eating, gardening and breastfeeding near you.

Visit <https://www.centraltexasfoodbank.org/get-help/eat-healthy>

If you have children, they may qualify for free/reduced breakfast or lunch at school.

Visit <http://www.georgetownisd.org/Page/461> or call 512-943-5002

***What is 211?** 211 is a free multi-lingual phone or online service that provides quick and easy access to regularly updated information about health, human services and employment assistance. Professional Information and Referral Specialists work with callers to assess their needs, determine their options, provide appropriate programs/services, and advocate for the callers.



6500 Metropolis Dr., Austin, TX 78744 | 512-282-2111 | centraltexasfoodbank.org

GUIA DE RECURSOS SALUDABLES

Recursos de Alimentos del Condado Williamson

¿Usted califica para SNAP (Programa de Asistencia para Nutrición Suplementaria, anteriormente conocido como Food Stamps)?

Para encontrar su oficina local de HHSC, y determinar si es elegible, visite <http://yourtexasbenefits.hhsc.texas.gov/es> o llame al 2-1-1. Para asistencia con su solicitud, llame al Central Texas Food Bank al 1-855-366-3401

Si usted está embarazada o tiene hijos menores de cinco años, usted podría calificar para WIC (El programa Especial de Nutrición Suplementaria para Mujeres, Infantes, y Niños).

Para encontrar su clínica de WIC y programar una cita para determinar si es elegible, visite <http://www.wcchd.org/services/wic/> o llame al 512-943-3600

Encuentre despensas de alimentos en su vecindario donde podrá recibir alimentos gratis.

Visite <https://www.centraltexasfoodbank.org/food-assistance/get-food-now> o llame al 512-282-2111

Encuentre despensas móvil de alimentos, Comida Fresca para las Familias (Fresh Food for Families), y HOPE (comida para personas mayores) horarios.

Visite <https://www.centraltexasfoodbank.org/get-help> o llame al 512-282-2111

Encuentre comidas de verano gratuitas para niños y adolescentes.

Visite <http://www.fns.usda.gov/es/pagina-buscadora-de-sitios> o llame al 1-877-8-HAMBRE

Hay ayuda para las personas mayores que luchan con el hambre.

Visite <https://www.centraltexasfoodbank.org/get-help/help-kids-and-seniors> o llame al 512-282-2111

Encuentre Farmers Markets (Mercado de Agricultores) donde acepten e igualen sus cupones de dólares de SNAP y WIC.

Visite Texas Farmers' Market at Lakeline, 11200 Lakeline Mall Dr, Cedar Park, TX 78613 Sábados 9:00 a.m. - 1:00 p.m. o llame al 512-363-5700

Encuentre servicios de salud locales y clases en su comunidad.

Visite <http://www.wcchd.org/services/index.php> o llame al 512-943-3600

Descubre clases sobre comida saludable, jardinería y lactancia cerca de usted.

Visite <https://www.centraltexasfoodbank.org/get-help/eat-healthy>

Si tiene hijos, ellos podrían ser elegibles para recibir su desayuno y almuerzo gratis o a precio reducido en su escuela.

Visite <http://www.georgetownisd.org/Page/461> o llame al 512-943-5002

***Que es el 211?** El 211 es un servicio de línea telefónica multilingüe, regularmente actualizado, que ofrece acceso rápido y fácil a información acerca de la salud, servicios humanos y asistencia para empleo. Especialistas profesionales de información y referencias trabajan con las personas que llaman para evaluar sus necesidades y determinar sus opciones, proporcionar programas/servicios adecuados, y abogar por las personas que llaman.



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