Food and Medicine

A community approach to improve nutrition and to decrease food insecurity in the clinical setting

Penobscot Nation Health Department
Abbey McCarthy, MS, RD, LD
Food Bank at the Clinic (1)
Program Implementation

- Why we started a food bank at the clinic
- How we were able to do it
- Success and barriers
- Community feedback
Food Insecurity
Source: Food Research and Action Council

• More than 42.2 million Americans live in households that struggle against hunger.
• People in rural areas face considerably deeper struggles with hunger than those inside metropolitan areas.
• One in five households with children cannot buy enough food for their families.
• 43.1 million people (13.5 percent) lived in poverty in 2015
• 19.7 % of children under 18 lived in poverty in 2015.
Food Assistance
Penobscot Nation

Where to Get Food Assistance in This Community

Community Name: PENOBSCOT NATION

Not having enough food for yourself and your family is stressful. Lack of good food makes it difficult to provide nutritious meals that help children grow and adults stay healthy. The thought of not having enough food can make you worry. There are resources to help. If you need food assistance, please don’t wait to contact the programs on this list. They can help you get the food you need for yourself and your family.*

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Contact Name</th>
<th>Contact Number</th>
<th>Other Important Information (Location, Who Can Quality, Hours, etc.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>SNAP - Supplemental Nutrition Assistance (Food Stamps)</td>
<td>Bangor office</td>
<td>561-4100</td>
<td>SNAP provides food vouchers for people to use at their local grocery store. This is done at the food pantry on 2 Down street. The food pantry is open 9:00 am to 5:00 pm.</td>
</tr>
<tr>
<td>Food Distribution (Commodities)</td>
<td>Natasha Charley</td>
<td>817-7492</td>
<td></td>
</tr>
<tr>
<td>Women, Infants, and Children (WIC)</td>
<td>Bangor WIC</td>
<td>1-800-437-9300</td>
<td>WIC provides food assistance for pregnant women and also for children from 0-5 years of age.</td>
</tr>
<tr>
<td>School Lunch and Breakfast Program</td>
<td>Eric Paul</td>
<td>827-4285</td>
<td>Contact the Food Service director at Indian Island School.</td>
</tr>
<tr>
<td>Summer Food Service Program for Children</td>
<td>Eric Paul</td>
<td>827-4285</td>
<td>Contact the Food Service director at Indian Island School.</td>
</tr>
<tr>
<td>Senior Center</td>
<td>Tammy Loring</td>
<td>817-7402</td>
<td>The senior center is a facility with a community center for seniors and located outside of the city. It is open 9:00 am to 4:00 pm.</td>
</tr>
<tr>
<td>Meals on Wheels</td>
<td>Eastern Area Agency on Aging</td>
<td>1-800-342-7812</td>
<td>This program is available for people 60 years of age or older. Those who are homestay disabled or otherwise unable to prepare meals.</td>
</tr>
<tr>
<td>3D Catering</td>
<td>Eastern Area Agency on Aging</td>
<td>1-800-342-7812</td>
<td>This service is for people who have difficulty cooking meals. The cost per meal is $10 per meal. Meals are delivered to the home.</td>
</tr>
<tr>
<td>Women’s Mission</td>
<td>Rose Sorensen</td>
<td>827-3845</td>
<td>This service is located at 19 West Street Indian Island. Please call to request a food.</td>
</tr>
<tr>
<td>Community Gardens</td>
<td>Allivia Moore</td>
<td>745-8644</td>
<td></td>
</tr>
<tr>
<td>Food Bank / Food Pantry</td>
<td>Natasha Charley</td>
<td>817-7492</td>
<td>The food pantry is located at 2 Down Street on Indian Island and open 9:00 am to 5:00 pm on an emergency basis.</td>
</tr>
<tr>
<td>“Mobile Grocery Store” Truck</td>
<td>Natasha Charley</td>
<td>817-7462</td>
<td>The food truck comes once per week as organized by the food pantry on 2 Down Street.</td>
</tr>
<tr>
<td>Children’s Food Pantry</td>
<td>Indian Island School</td>
<td>827-4285</td>
<td></td>
</tr>
</tbody>
</table>

List updated: 10/14/2016

*Check with the program to see if you qualify to get food.

Produced by the IHS Division of Diabetes Treatment and Prevention, 2015. To print this, go to www.diabetes.ihs.gov and search Food Insecurity Tool in the upper right corner of the web page.
Food Insecurity Tool

Food insecurity template
Community Problem

• Community does not have direct access to WIC or food stamps, must go to Bangor office (12 miles away)
• For people without cars, transporting groceries can be difficult
  – Walking or biking from store or food pantry
  – Additional hardships for people with disabilities
• Winter seasons can affect people’s ability to get groceries
How we did it

• Food Pantry Nutrition education
  – Trying to turn commodities into foods that people want to eat

• Surplus of commodity foods that don’t turn over quickly
  – Tomato soup, whole wheat pasta, mixed vegetable, vegetarian beans, carrots, corn, cereals, dried lentils, dried kidney beans

• Asked the food pantry coordinator if we could start a table at the clinic to help disburse commodities.
Planning

• Measured the intended space in the waiting room
• Ordered a narrow table that would fit in the allotted space without causing hindrance or obstruction
Food Bank at the clinic (2)
Signage at Locale

• Needed a sign that was welcoming, encouraging, all inclusive
• Yet something that doesn’t incite hoarding
• We also put the food insecurity handout on the table
What’s in Your Pantry?
This is the season when we could all use a few extra pantry staples.

FREE FOOD!

This food is for you - take what you would like and make something delicious!

Know someone who would like something? Take an item for them too!

Don’t be afraid to try something new!

Questions? Please contact Abbie McCarthy
Penobscot Nation Health Department Phone: 207-817-7426
Immediate Feedback

Pros
• Employees and patients comment on how glad they are to see the table
• Some colleagues brought food/bags in from home and added to the table
• Created a spirit of unity, a caring atmosphere

Cons
• Limited usage from patrons; only a few people took items
• The table location is too public; there is a spotlight on anyone who utilizes it
Table Relocation

• The table was moved close to the exit/entrance of the building.
• Shared entrance to elder meal site and to the clinic
  – Increased utilization of the Food Bank
A Discreet Location
Results

- A significant increase in food turnover!
- Need to restock the table daily
  - 2 cases per day (48 cans per day)
- Questions from diabetic patients
  - “I wasn’t sure if I should be taking food because I’m not low income…”
  - Moved the food insecurity handout to a table in the waiting room
Community Feedback

• Overwhelmingly positive response from community!
• “Thanks for doing this. No one has ever done this here before.”
• Elders are very thankful!
• People add recipes or coupons or food.
Questions??

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