

Item VI.A

HEALTH & HUMAN SERVICES BOARD MEETING



# Community Food Drive

RESPONSE TO COVID-19 PANDEMIC

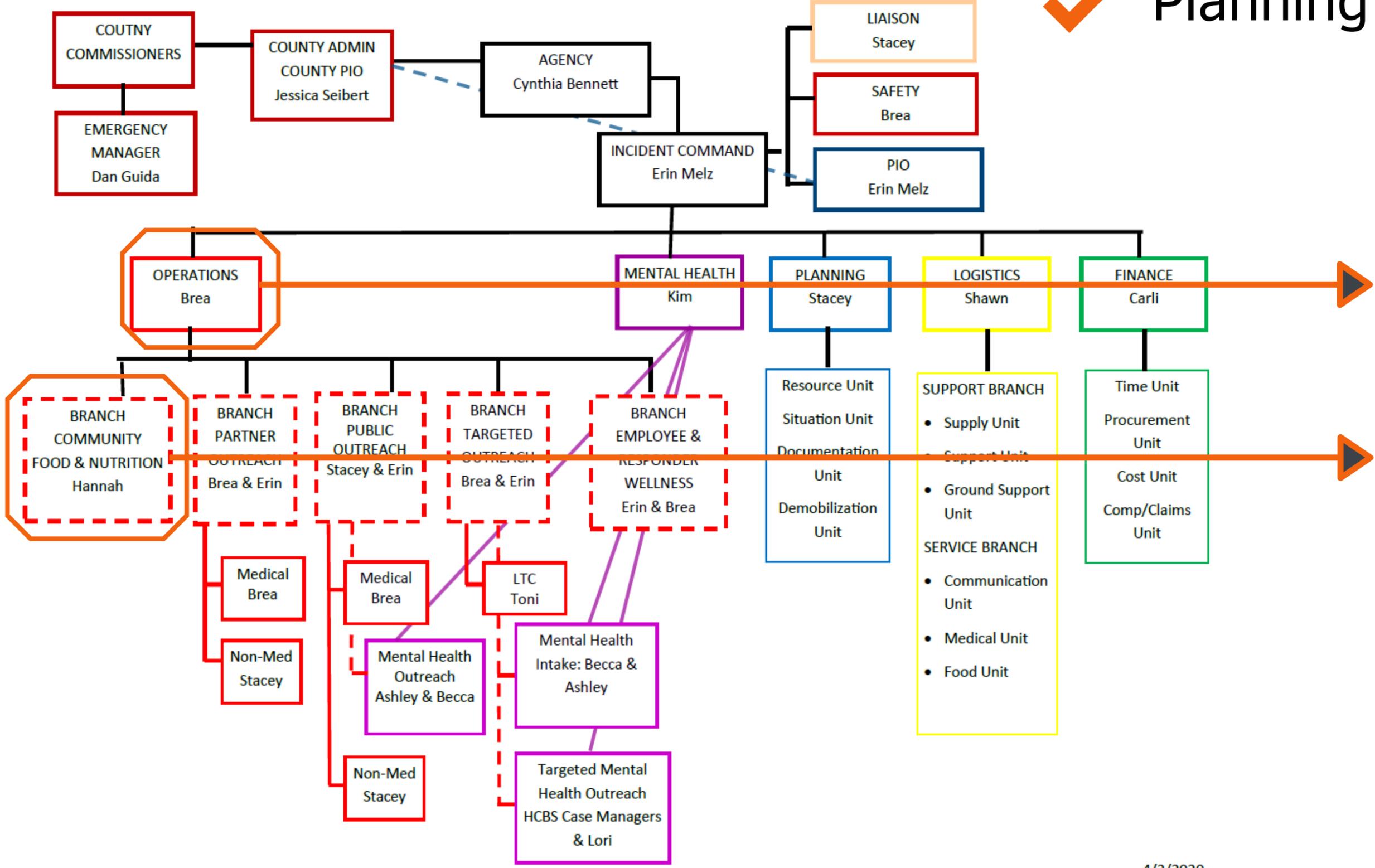
PRESENTED BY: HANNAH COLBY, RD, LD  
SHIP COORDINATOR  
PUBLIC HEALTH EDUCATOR



**FOOD  
DRIVE**



# Planning the Food Drive



**Community Food & Nutrition Work Group:**

- Brea Hamdorf, PHN
- Hannah Colby, RD, LD
- Shelly Brown, Case Aide
- Andrea Bloom, Office Support Specialist

In order to enhance the physical and mental health of individuals during the COVID-19 pandemic, this presentation introduces a framework for action to maintain optimal nutrition at the individual, community, national and global levels using an adapted version of the ecological model of health behavior

★ **Individual Level:**

- Food utilization
- Changes in eating patterns
  1. Try to eat well balanced meals, avoid irregular snacking
  2. Choose foods rich in vitamins A, C, E, B6 and B12, zinc and iron such as citrus fruits, dark green leafy vegetables, nuts and dairy products.
- Physical inactivity
  1. Maintain a healthy lifestyle of exercise (home exercises and/or walking outside) and regular sleep.

★ **Community Level:**

- *\*Food accessibility*
- Social support
- *\*Food availability*
- Equity among vulnerable groups
- Hoarding

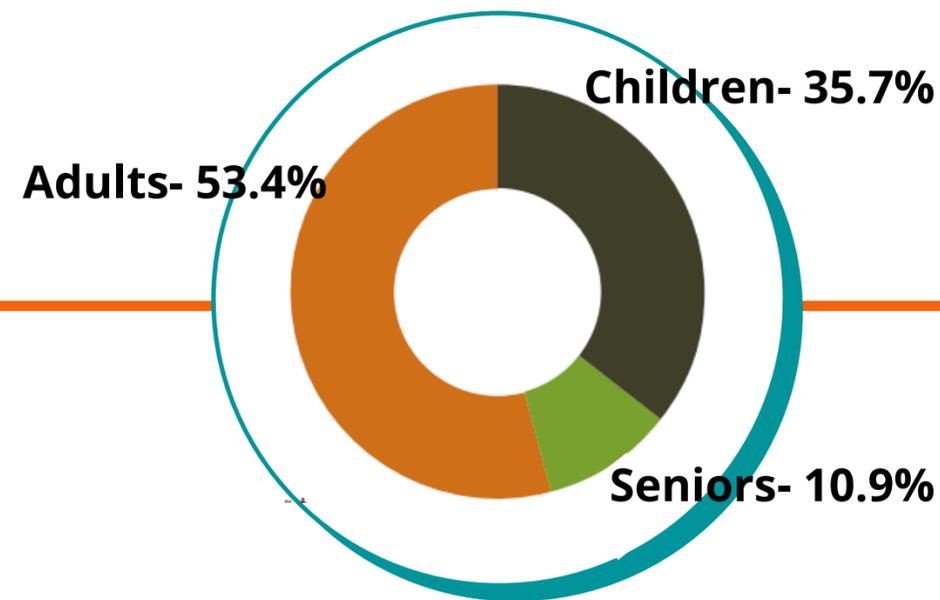


Fig. 1: A multi-level framework of action to support nutrition during the COVID-19 pandemic.



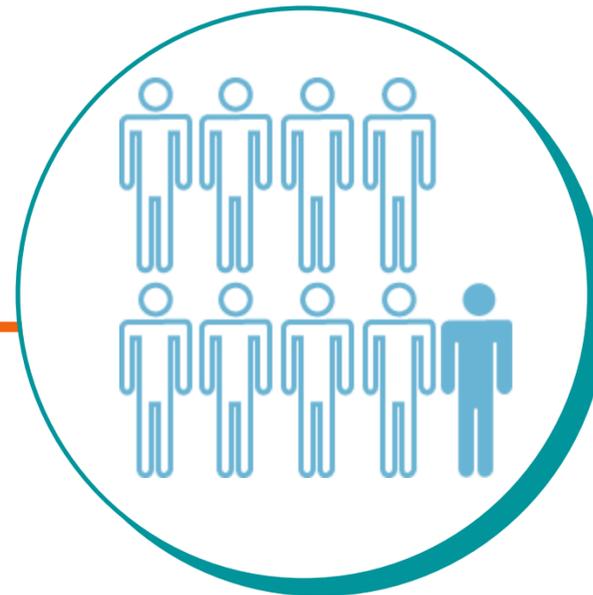
A multi-level framework to support nutrition and food security during the COVID-19 pandemic, using the various levels of the ecological health model: individual, community, national and global.

# What We Know: Food Insecurity



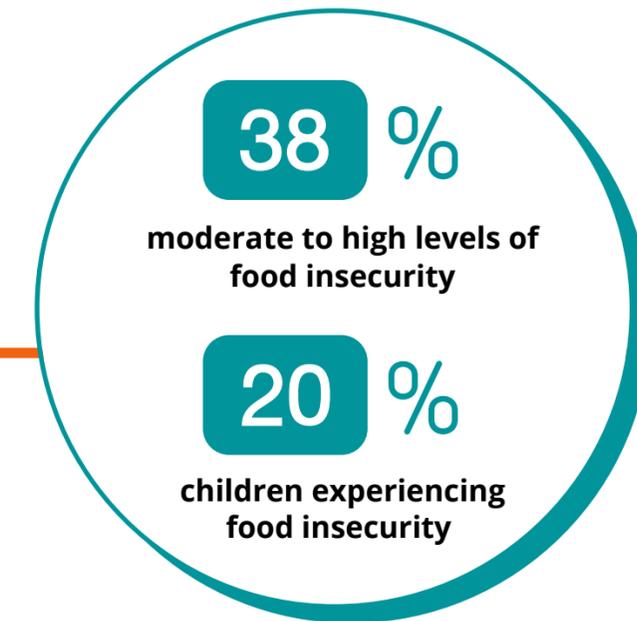
## Food Shelf Visits in MN by Age, 2019

3,594,545 visits to food shelves.



**1 in 9**

Prior to COVID-19, it was estimated 1 in 9 people in the US were found food insecure and lacked consistent access to enough food and nutritious options



## Surveys during COVID-19

- 38% of households reported moderate to high levels of food insecurity
- 20% of children are experiencing food insecurity

# Our team's objectives



## ✓ **\*Community Food Drive**

To have resources and food items available to individuals faced with financial difficulties secondary to COVID-19!

### Public Health's Role:

1. Provide food shelves with recipes using common foods donated and to include with food boxes.
2. Create a toolkit of preferred/recommended food items and non-food items to donate to food shelves.
3. Partner with local grocery stores to be a collection site for the community food drive. Additionally, have recipe cards featured each week.

## ✓ **Essential Needs Delivery**

Having food resources available to everyone who may be self-isolating or quarantining or those at high risk!

### Public Health's Role:

1. To provide food resources in order to deliver essential needs:
  - University of MN Extension's 14 COVID-19 Emergency Kit.
  - University of MN Extension's 2 Week Meal Kit.

## ✓ **Public Resources**

To provide food resources to help the public/community purchase nutritionally dense food for up to 14 days, including recipes!

### Public Health's Role:

1. Update Food Resources Document as information changes
2. Share 2 Week Meal Kit on social media platforms and other media channels as deemed appropriate to share resource to the community.



# ✓ Created the following:

## Food Drive Toolkit

**Public Health Aitkin County**  
**Food Drive**  
How to support Food Shelves during COVID-19

*Thank You for supporting your Community!*

**FOOD DRIVE TOOLKIT**

Food shelves rely on the generosity from our community to serve families in need year-round. Whether you're donating money or food, each gift helps us fight hunger a little more. The Food Drive Donation Kit includes the following shown below:

- FOOD SHELVES IN AITKIN COUNTY**  
Aitkin County has seven food shelves located in the communities of Aitkin, McGregor, Jacobson, and Hill City.
- RECOMMENDED FOOD DONATIONS**  
Food shelves can make the most of your non-perishable food donation when you consider three things: nutrition, usefulness, and quality vs. quantity.
- RECIPE CARDS**  
Want to help donate food items to help those who are in need to create a meal? Shop for food items listed on a recipe card and include it in your donation!

To download the Food Drive Donation Kit, please go to Aitkin County's Statewide Health Improvement Partnership website at [www.aitkincountyship.org](http://www.aitkincountyship.org)

You can also find a physical copy of the food drive kit with recommended food donations and recipe cards at *Laura's Big Dollar Food Market* (McGregor), *Roadside Market* (Hill City), and *Paulbeck's County Market* (Aitkin). You can shop for food items you wish to donate and leave in the designated area at the grocery store. Your food donations will be kept local.

GET IN TOUCH: • 1-218-927-7200 • 204 1st Street NW, Aitkin MN • [www.co.aitkin.mn.us](http://www.co.aitkin.mn.us)

## Food Drive Donation Toolkit

**Public Health Aitkin County**  
**Food Drive Donation Toolkit**  
How to support Food Shelves during COVID-19

**Drop off your non-perishable items at your local food shelf to help support others in need**

# ✓ Resources made available to download from the Aitkin County SHIP Website:

**SHIP**  
statewide health improvement partnership

**Aitkin County Statewide Health Improvement Partnership**  
Aitkin County's Statewide Health Improvement Partnership (SHIP) supports community-driven solutions to expand...

AITKIN COUNTY'S SHIP PROGRAM | WHAT IS SHIP? | COVID-19 RESOURCES | PARTNER RESOURCES | SUCCESS STORIES | MINI-GRANT FORM | CONTACT

f p

**AITKIN COUNTY**  
HEALTHY NORTHLAND  
STATEWIDE HEALTH IMPROVEMENT PARTNERSHIP

*Working together to make Aitkin County a healthier place to live, work, and play!*

Search...

Supported by the Statewide Health Improvement Partnership (SHIP), Minnesota Department of Health

**Together We Can Overcome** **Public Health Aitkin County**

*Watch this one, winter, winter, slip*



# Call to Help Fight Hunger!

- **Aitkin County** (Employees)

\*Results at end of presentation

- **Businesses & Civic Organizations**

\*Riverwood Healthcare Center made a donation to a local food shelf!

- **Local Grocery Stores**

\*Results at end of presentation



# ✓ Partnered with Local Grocery Stores

● Collection Site #1



● Collection Site #2



● Collection Site #3

## Roadside Market

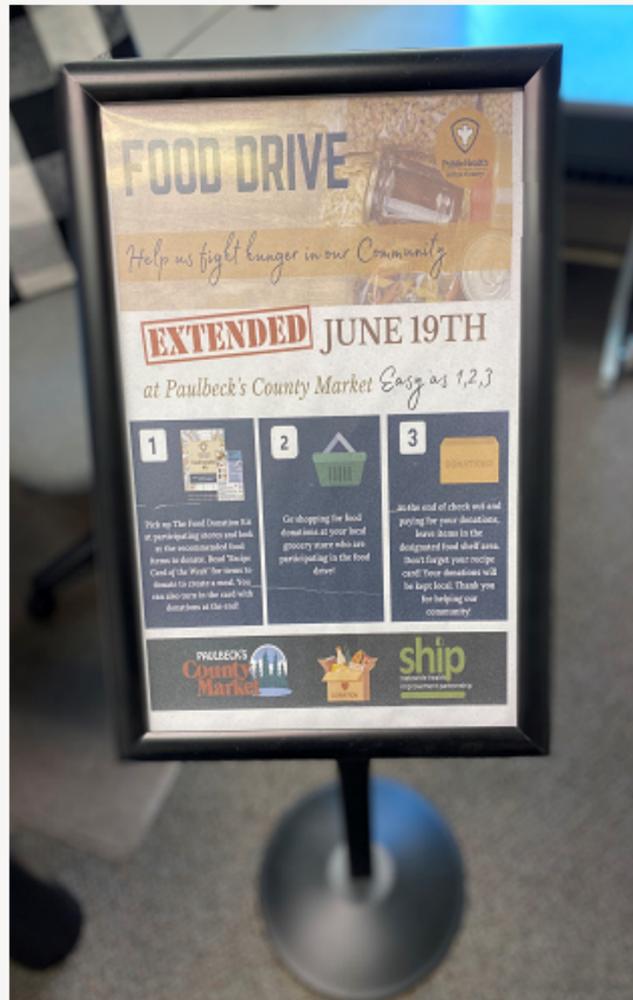




# Grocery Stores were given the following for the Community Food Drive:



## Display Stand



## Featured Recipe Cards

### MONSTER ENERGY BITES

**INGREDIENTS**

- 1 cup quick oats
- 1/2 cup dry roasted peanuts

**DIRECTIONS**

- In a microwave safe bowl, melt peanut butter until warm.
- Add the dry ingredients (quick oats, peanuts and chocolate chips) to honey and peanut butter and mix.
- Place mixture in the refrigerator to firm.
- Roll mixture into balls.

### HEARTY SPICY BEAN CHILI

**INGREDIENTS**

- 2 (15-oz.) cans black beans

**DIRECTIONS**

- Drain and rinse beans. Set aside.
- Heat oil in a large pan. Add the diced yellow onion and saute until the onions turn clear.
- Boil 2 cups of water on the stove or in the microwave.
- Once boiling, add 2 teaspoons of the vegetable oil and 2 teaspoons of the chili powder.
- Combine all can ingredients into a large pot if have in possession followed by the onion and the broth.
- Add the chili seasoning and mix well.
- Let the chili cook either on the stove on medium heat for approximately 45 minutes or until the chili is done. Leave on high for approximately 45 minutes.

### BEAN & RICE BURRITOS

**INGREDIENTS**

- 2 cups cooked rice
- 1 small onion
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 teaspoon chili powder (optional to taste)
- 8 (10 inch) flour tortillas
- 1/2 cup salsa (or more)
- 1/2 cup cheese, shredded

*To add fiber, consider using brown rice and/or whole-wheat tortillas.*

**DIRECTIONS**

- Preheat oven to 300 F.
- Peel the onion and chop into small pieces.
- Drain the liquid from the beans and rinse them in a colander.
- Mix the rice, onion, beans, and chili powder in a bowl.
- Put the tortilla on a flat surface and add 1/2 cup of the rice and bean mixture.
- Fold the side to hold the rice and beans. Place each filled tortilla, seam side down, in a large baking sheet.
- Bake for 15 minutes or until heated. Pour the salsa over the baked burritos and top with cheese.

Source: NDSU Extension Service

May 8th- June 5th

2 Week Extension:  
Ended on June 19th

# Social Media

**1** Food Drive Toolkit Video

- Promoting Community Food Drive



**2** Featured Recipe Card Video



# Local Newspapers



● Promoting Community Food Drive

*Aitkin Independent Age*

*Voyageur Press*

group organized through the American Red Cross recently drew a large number of donations.

The Lions Club, with the help of St. John's Lutheran Church in hosting the bloodmobile, collected 139 units from 131

"Thank you to Roadside for their donation of soup, Aitkin students who helped register people, and 16 Aitkin Lions Club members who donated 110 hours," said Lions co-chair Joy Janzen. "With this support, we will be able to save many lives."

of Tim Catlin. installed May 5, but is still in progress by the end of the week they'll be installing them," said Catlin.

controlled by the Aitkin treatment dispatch, and were weather warning tests on the first placement? The Aitkin of repair the last few years so old they were replaced in the future. A USDA Commodity which contributed at a cost of the siren

Facebook

you need, deserve.

ce Agency  
MN  
4114  
gency.us

owners  
NCE  
BUSINESS

**FOOD DRIVE**  
Help us fight hunger in our Communities

**MAY 8TH TO JUNE 5TH**  
at your local grocery store *Easy as 1,2,3*

PAULBECK'S COUNTY MARKET, AITKIN    UKURA'S BIG DOLLAR, MCGREGOR    ROADSIDE MARKET, HILL CITY

- 1 Pick up The Food Donation Kit at participating stores and look at the recommended food items to donate. Read "Recipe Card of the Week" to look at items to donate to create a meal. You can also turn in the card with donations at the end!
- 2 Go shopping for food at your local grocery store participating in the food drive!
- 3 At the end of check out and paying for your donations, leave items in the designated food shelf area. Don't forget your recipe card! Your donations will be kept local. Thank you for helping our community!

To download the Food Donation Kit, please visit Aitkin County's Statewide Health Improvement Partnership (SHIP) website at [www.aitkincountyship.org](http://www.aitkincountyship.org)

Care from Home    Schedule your Virtual Video Visit today

Tue, Sat: 8am-1pm    Sat: 8am-1pm

St. Louis County Environmental Services Department  
1-800-450-9278  
Office hours 8-4:30 Monday through Friday

**FOOD DRIVE**  
Help us fight hunger in our Communities

**MAY 8TH TO JUNE 5TH**  
at your local grocery store *Easy as 1,2,3*

PAULBECK'S COUNTY MARKET, AITKIN    UKURA'S BIG DOLLAR, MCGREGOR    ROADSIDE MARKET, HILL CITY

- 1 Pick up The Food Donation Kit at participating stores and look at the recommended food items to donate. Read "Recipe Card of the Week" to look at items to donate to create a meal. You can also turn in the
- 2 Go shopping for food at your local grocery store participating in the food drive!
- 3 At the end of check out and paying for your donations, leave items in the designated food shelf area. Don't forget your recipe card! Your donations will be



# Radio Broadcasting



- Promoting Community Food Drive



## **Public Health**

Erin Melz, Public Health Supervisor

Hannah Colby, SHIP Coordinator

## **Ukura's Big Dollar**

Dawn Hawkinson, Employee

## **First Lutheran Food Shelf**

Laura Smith, Food Shelf Manager

# ✓ Results: *Community Food Drive*



## Roadside Market



**123.5**  lb

Estimated amount of food donated in pounds

**\*\$620** 

Estimated Value

\$210 from food and \*\$410 in gift cards

**55.8**  lb

Estimated amount of food donated in pounds

**\$94.86** 

Estimated Value

**400**  lb

Estimated amount of food donated in pounds

**\$680.00** 

Estimated Value



# Donations kept Local!

## Community Food Drive



MCGREGOR FOOD SHELF

123.5



\*\$620.00



Estimated Value  
\$210 from food and \*\$410 in gift cards

Roadside Market



HILL CITY FOOD SHELF

55.8



\$94.86



Estimated Value



ST. JAMES CATHOLIC CHURCH

400



\$680.00



Estimated Value

✓ **Results:** *Aitkin County (Employees) Food Drive*



**25  
LBS.**

Land  
Department

**13.4  
LBS.**

**\*\$30.00 cash**  
Road & Bridge  
Department

**56.2  
LBS.**

Government  
Center

**45.0  
LBS.**

Sheriff's  
Office

**152.0  
LBS.**

Health & Human  
Services

**291.6 LBS.**

**TOTAL DONATED**

**\$525.72**

**ESTIMATED VALUE**

*\*including the amount in cash donation*



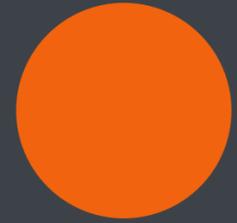


# Donations kept Local!

## *Aitkin County (Employees) Food Drive*



*Equally Distributed*



If you have any  
questions at all

Don't hesitate to ask.

[hannah.colby@co.aitkin.mn.us](mailto:hannah.colby@co.aitkin.mn.us)

218-927-7271

