



## Creating Policy, Systems, Environmental Change: Success Story and Lessons Learned

### Collaborating to Find Solutions

El Dorado County Nutrition Action Plan Subcommittee Steps in to Fill Services Gaps for our Target Population!

### Intervention Summary

Collaborative efforts in our CNAP subcommittee meetings helped to shed light on the issue that many people coming to local Food Bank Distributions were not accessing the services they needed including CalFresh, Medi-Cal and other social services. The inability to access services was due to mental health issues, disability, lack of transportation, illness and more. CalFresh was invited to attend the distributions and they were able to identify many people who were eligible and were not informed about services available to them.

Through CNAP meetings, it was also determined that this population was in need of nutrition education. Currently, nutrition education is provided that on a regular basis at many of the Food Bank distributions, using a “stations” approach to nutrition education at the distribution sites. While the recipients are waiting in line, they encounter 3-4 stations that include Rethink your Drink display, infused water, tasting and cooking demonstrations, including a featured recipe related to the food they receive in their distribution that day. Other stations include a Harvest of the Month display (with survey that speaks to nutrition content of the vegetables and fruits) and a nutritionist on hand to answer questions and obtain surveys for follow-up. Because of our work, Covered California currently the distributions and organizations such as First 5 have expressed interest in participating.

### Barriers Encountered and Identified or Proposed Solutions

Initially, CalFresh/Social Services was unable to attend the distributions, but due to our excellent El Dorado County Public Health support, they have now made arrangements

for staff to attend. There were also obstacles about reaching the SNAP-Ed population and provide direct education. Stations were set up at the distributions, so that the recipients could access them while they are waiting in line. We also took note of what other counties were working on – such as Fresno County as a model for success. Giveaways such as cookbooks, T-shirts, hats or other items were provided in order to encourage participation and create interest.

## **Future Directions/Sustainable Success**

On a short-term basis, we are looking to continue our work with the Food Bank through our CNAP work and we have also chosen them as a PSE strategy. On a longer-term basis, we will be working on a CX3 survey assessment in order to determine other appropriate interventions. CalFresh/Social Services and other CNAP subcommittee members, other funded and nonfunded SNAP-Ed organizations, local businesses and service organizations will be our partners/collaborators during this process. Keeping these partners engaged, motivated and also working as volunteers will help us ensure sustainability.

## **Contact information about this Narrative**

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