



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

### Title

“Food for Thought” is a pilot project to minimize child hunger over the weekend where children have the opportunity to choose fresh local fruits and vegetables and whole grain breads on a Friday after school.

### Intervention Summary

The Yuba Sutter Food Bank is the only all-volunteer Food Bank in California. The food bank coordinates food distributions for as many as 22 sites, managing other volunteers and deliveries. Without the partnership so readily upheld by Joanne Ellis (president of the Yuba Sutter Food Bank) there would not be a “Food For Thought” pilot project at Park Avenue School. The partnership was developed when I started to conduct cooking demonstrations along with taste testing at the Food Bank on a monthly basis. All the participants receive a cookbook and information on eating healthy. We coordinate and collaborate on a regular basis so if the participants are receiving beans and rice I make sure that the participants receive a cooking demonstration on how to prepare the beans and rice. Many families with school aged children are in line at the food bank and Joanne had a few discussions and realized that the children attend Park Avenue School. Joanne did some research and discovered that Park Avenue school contains the highest poverty level in the district. Due to Joanne’s passion and commitment to the community to provide life-long benefits of eating healthy and being physically active she started “Food for Thought” pilot project. Joanne contacted Park Avenue School and scheduled a meeting and all the partners attended the meeting: Joanne (president of the Yuba Sutter Food Bank) Patrick (manager of the Yuba Sutter Food Bank) Sharman Kobayashi (Yuba City Unified School District Governing Board) Robert Pogue (Principal at Park Avenue School) and my role from SNAP-Ed provide educational information about healthy living and nutrition. Initially “Food For Thought” was scheduled every Friday, however due to lack of volunteers at the Food Bank it was a challenge and then it was switched to twice a month. Joanne would like this pilot project available to additional schools in the community, but not having enough volunteers is a huge barrier.

## **Description of Barriers Encountered and Identified or Proposed Solutions**

Barriers and challenges with this process not having enough volunteers to help with the “Food for Thought” pilot project on a weekly basis. To overcome this we tried to go through connections with parents at Park Avenue School. Other challenges included getting volunteers to assist, but did not show up so the small group was left with a large job. To address these challenges I began to reach out to other volunteers such as the student nursing volunteers and they did an amazing job assisting at Park Avenue School.

## **Future Directions/Sustainable Success**

Short term goals are to continue to have the student nursing volunteers to assist with the “Food for Thought.” This school year in August 2015 Park Avenue school received some funding for the school and now the school has a Resource Center and I met with the coordinator and she assured me for this upcoming Friday she will have at least 10 volunteers from the school to help. My long term goal is to have more volunteers at the Food Bank so that other schools in Sutter County can benefit from “Food for Thought” to minimize child hunger over the weekend.

## **Contact information about this Narrative**

**Local Health Department Grant Name:**

**Grant #: 13-20520**

**Author’s Name: Kim Sangha**

**Phone: (530) 822-5922**

**Email: [ksangha@co.sutter.ca.us](mailto:ksangha@co.sutter.ca.us)**

This material was produced by the California Department of Public Health’s Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net).