

Tiara: Introductions were made with 95 possible pantries being invited through mail to the lower 16 counties (HSIDN counties). An activity, Mapping it Out, allowed food pantry representatives to introduce themselves, where they were located, and whether or not they were partnered with a food bank. The discussion between pantries partnered with Tri-State Food Bank was that they don't always get first pick since the food bank is located in Missouri and farther away. Challenges faced also included dealing with the glitch system Tri-State uses, filing paperwork, availability in only a 2 week order window, receiving in bulk required a food license, and problems with dry goods. Benefits noted were that the food bank offered a lower price and sometimes free items, consistency in providing some food, and the ability to build partnerships and connections. Food pantries not associated with any food bank stated that is was because they were so new, had limited space, and almost no storage available. Barriers to getting associated are that many people aren't aware that they are operating. Food pantries associated with the St. Louis Food Pantry stated a benefit was the low cost and challenges were limited healthy choices, very small selection of foods available.

Lea: Introductions were made by Toni K Wright. Toni Kay instructed all participants to state their name, the pantry they were from and go to the map and place a "pin" to where there pantry is located. After locations were put on the map, the group broke out into smaller groups according to what Food Bank they get their food from: St. Louis Food Bank (10 pantries), Tri-State Food Bank (2 pantries) or no food bank (2 pantries). Each group reported out their observations from the discussions in the group and what their challenges are. The 2 pantries that do not use a food bank reported that they were a new pantry, no refrigeration, no space and that their challenge is getting the word out that donations are needed.



Tiara: Angie Bailey gave a quick presentation on HSIDN, explained who HSIDN was, when it was formed, and insight into the organizational form of the committees & action teams.

Lea: Angie Bailey gave quick overview of who, what and where HSIDN is all about. Stating who HSIDN's partners are and their roles, briefly. Offered education materials for pantry's to take with them.



Lea: Angie B explained how to get involved with a coalition or Action Team in your county. Explained what DSMP/CDSMP workshops were and gave information on upcoming health screenings being given through SIH. Angie stated that SIH wants to partner with food pantries to help people in need to get FREE health screenings in their communities.



Tiara: Angie B. talked about the free diabetes screening coming up in March and that the HSIDN typically screens about 75-80 people at the event. There will be new technology being using at this event that takes 90 second to screen individuals, so more people will have the opportunity to get screened. Participants must be 18 years old or older and have some chronic disease risk factors.

Lea: Angie spoke about programming offered through SIH.



Tiara: A recap of first meeting. Participants who took part in the food pantry survey stated that the good parts were the workforce and volunteer staff they had available. Struggles were paperwork assistance, lacking of tech equipment, finances and fundraising, and having a fridge & freezer for storage. Participants also stated they wanted more collaborations & partnerships with community resources.

Lea: Angie gave a recap and let pantries know there are a lot of resources on HSIDN.org.



Tiara: Nathan Cherry gave a presentation on personal safety and conflict de-escalation strategies. Nathan implemented the discussion and trainings about 3 years ago and still uses them in his weekly staff meetings. He gave these tips to follow.

1. Listen and read the situation before acting
2. Communication
 1. look for nonverbal cues as well as verbal cues
 2. Assess expectations and practice communication
3. Find common ground
4. Have staff trained in conflict resolution
5. Watchful of weaker staff
6. Don't threaten unless you plan to act
7. Have somewhere to give a little
8. Keep records + documentation
9. Have rules, policies, and procedures in place
10. Have a greeter at the door (as part of that nonverbal communication)

Lea: Nathan Chery from Victory Dream Center presentation gave some suggestions for personal safety and de-escalation of conflicts in the pantry setting:

- Being able to read a situation or people in the room
- Clear communication can clear up any issues/problems – usually
- Define “Common Ground” with the client(s) in the situation
- Have particular person(s) designated to handle conflict or train to handle situations
- Be watchful of “weaker” staff
- Sensitivity to clients emotions or actions
- Don't make threats, unless you are going to act on them

- Always “give” somewhere a little bit to de-escalate a situation
- Document the situation for reporting and future reference
- Make no confusion in “rules” – make operations clear & easily defined, pare down or condense guidelines
- Have a more rigorous volunteer application, a system in place for volunteers, background checks, DCFS back ground check
- Have a greater at the door, someone to make “eye” contact with each client
- Look into your local police/sheriff department to come to your pantry during open hours for safety, security and community development. Also, could use an off-duty officer

Nathan gave his appreciation for getting this network together!

Advocacy – Supporting Your Case
-Michelle McLernon

- ▶ Evidence Matters
- ▶ Some Data is Collected and Shared
 - ▶ USDA
 - ▶ <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-america/>
 - ▶ America for Hunger – Food Insecurity
 - ▶ <http://www.americaforhunger.org/hunger/>
 - ▶ County data
 - ▶ <http://www.foodinsights.com/food-insecurity>
 - ▶ <http://www.foodinsights.com/food-insecurity>
 - ▶ <http://www.foodinsights.com/food-insecurity>
- ▶ Some Data We Must Collect Ourselves

Lea: Michelle gave a quick overview of evidence-based data from the above sites and that we need to collect data for our communities for future grant possibilities

What Hunger Looks Like in Illinois - 2016

1 in 6 people struggle with hunger

1 in 6 children struggle with hunger

People living in hunger in Illinois are estimated to report spending \$669,207,000 more per year to cover their food needs.

SNAP in Illinois

Charitable programs are unable to fully support those struggling with hunger. The combination of state and government assistance programs are necessary to help bridge the food gap.

39.5% of households receiving SNAP benefits have children

\$2,930,328,360 distributed through SNAP government

\$4,001,553,148 in economic activity

2016 Food Insecurity Rates in Jackson County

- ▶ General Population: 18.6%
- ▶ Population for residents under age 18: 10,703
- ▶ Child Food Insecurity Rate: 19.6%
- ▶ Estimated Number of Children Who Are Food Insecure: 2,100
- ▶ Food Insecure Children Likely Income-Eligible for Federal Nutrition Assistance: 77%
- ▶ Food Insecure Children Likely NOT Income-Eligible for Federal Nutrition Assistance: 23%

Lea: Michelle stated the need for data for Jackson County for future grant writing for funds. Michelle introduced Dawn Null for data from the SACK Hunger food donations program.

Food Drive Study Update
- Dawn Null

AMERICA'S LARGEST ONE-DAY FOOD DRIVE

SCOUTING FOR FOOD

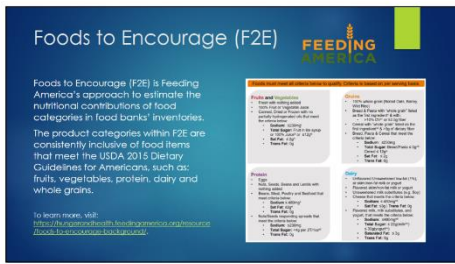
BOY SCOUTS OF AMERICA

GREATER ST. LOUIS AREA COUNCIL

11-17-18

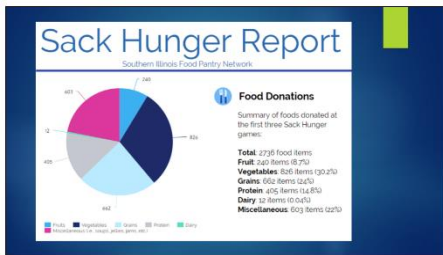
Lea: Dawn Null gave an overview of the program for collecting the data for the food drives at the SACK hunger games in southern Illinois.

Lea: Dawn explained the difference in these pictures. She explained that her GA student had to analyze all the labels of all the food collected at the SACK Hunger games. The nutritional value was collected and evaluated. Food that was donated got a “thumbs down” if food was expired or dented. Dawn stated that 7.5% of all donations were expired.



Lea:

Dawn explained that her GA student assessed all the food donated according to the Feeding America guidelines.



Tiara: Dawn N. had a graduate assistant research the nutritional value of every food collected at the first three games. 7.5% of foods donated in the first 3 games were expired, Dawn let the specific food pantries decide what to do with the expired goods. Food pantries will either throw the food away, keep up to 1 year after the expiration date, or let clients take at their own caution. The miscellaneous group consisted of mostly soups and condiments.

Dawn asked if dairy products were wanted or needed by food pantries since such a small portion of dairy items were given. Many representatives said they wanted it but don't get a lot of donations and/or don't have the storage for it. Some food representatives from smaller areas said food collected by these events aren't always given to them because they don't have resources available.

Lea: Dawn explained the food donations were ranked according to "My Plate" guidelines and explained the stats in the pie chart.

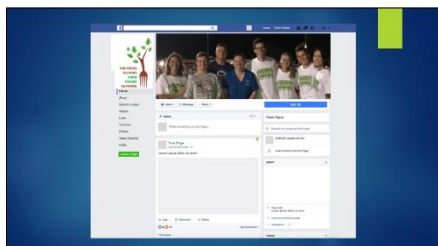


Lea: It was suggested that Dawn & Michelle contact WSIL Channel 3 to give them an update of the outcome from the study & this may be a good time to educate the public on what types of donations are needed for the pantries.

Dawn explained the donations met the Feeding America guidelines for the fruits that were donated and all other categories were too high in sodium. This study showed the need for dairy items to be donated and food with less sodium needs to be donated. The study showed a need for educating the public.



Logo 1 with the tree as a fork was chosen.



Lea: Future meeting dates were discussed with the last meeting of the year needing to be in October.