Disclosure to Participants

- Notice of Requirements For Successful Completion
- Describe the role Second Harvest has played in the fight to end hunger in Louisiana
- Discuss the changing “face of hunger” and the evolving responsibilities of food banks in the United States
- Explain the measures Second Harvest Food Bank is taking to ensure the good health of our clients
- Learners must attend the full activity and complete the evaluation in order to claim continuing education credit/hours
- Non-Endorsement of Products:
  - Accredited status does not imply endorsement by AADE, ANCC, ACPE or CDR of any commercial products displayed in conjunction with this educational activity
- Off-Label Use:
  - Participants will be notified by speakers to any product used for a purpose other than for which it was approved by the Food and Drug Administration.

Fighting Hunger and Poor Health:
Second Harvest Food Bank’s Role in Creating Systemic Change in Southern Louisiana

Second Harvest Food Bank
- Serves 23 parishes in Louisiana
- Over 210,000 individuals served annually
- 22.5 million meals distributed per year
- 474 community partners

Feeding America Hunger in America 2014
- 58% of households served by Feeding America have a member with high blood pressure
- 33% of households served by Feeding America have a member with diabetes
- 79% of households served by Feeding America report buying inexpensive, unhealthy food to cope with hunger
What is the role of food banks?

Nutrition Education Programs

Nutrition Education Programs at Second Harvest Food Bank
- 88 Cooking Matters six-week courses
  - 954 course participants
  - 89% graduation rate
- 80 Cooking Matters at the Store tours
  - 808 course participants

Snapshot of Graduate Changes*
- After a course, adult and teen graduates report that:
  - 56% are eating more vegetables
  - 67% are eating more fruits
  - 64% are eating more whole grains
  - 91% improved their cooking skills
  - 99% would share things learned in this course with others

*Spring 2015

Impact and Systemic Change

“I have a hard time when I don’t eat, but it’s worse when you have kids and your kids are going hungry. Initially, I signed up for Cooking Matters because we were struggling so much financially that we needed the take-home groceries. By the end of the course, I was surprised at how fun it was and how much I learned about food budgeting, cooking well and preparing great meals with not a lot of money.”

Melissa, Cooking Matters for Adults graduate