

Collaborative Planning and Community Engagement Strategies to Address Rural Child Hunger

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Collaborative Planning and Community Engagement Strategies



Save the Children®



Save the Children®

All children in Rural America have a healthy, strong foundation to thrive as learners and in life.



PROGRAMS + ADVOCACY

1  Meet immediate food needs

2  Strengthen government nutrition programs

3  Develop new solutions to address child hunger

Geographic Footprint



Food Security Programs

1. Arkansas
2. California
3. Kentucky
4. Mississippi
5. North Carolina
6. Texas
7. West Virginia

Food Security Programs & Advocacy

1. Louisiana
2. South Carolina
3. Tennessee
4. Washington

Advocacy

1. Colorado
2. Illinois
3. Iowa
4. New Hampshire
5. New Mexico

Programmatic work across rural America varies by community, based on **local** needs and opportunities



Cocke County, TN

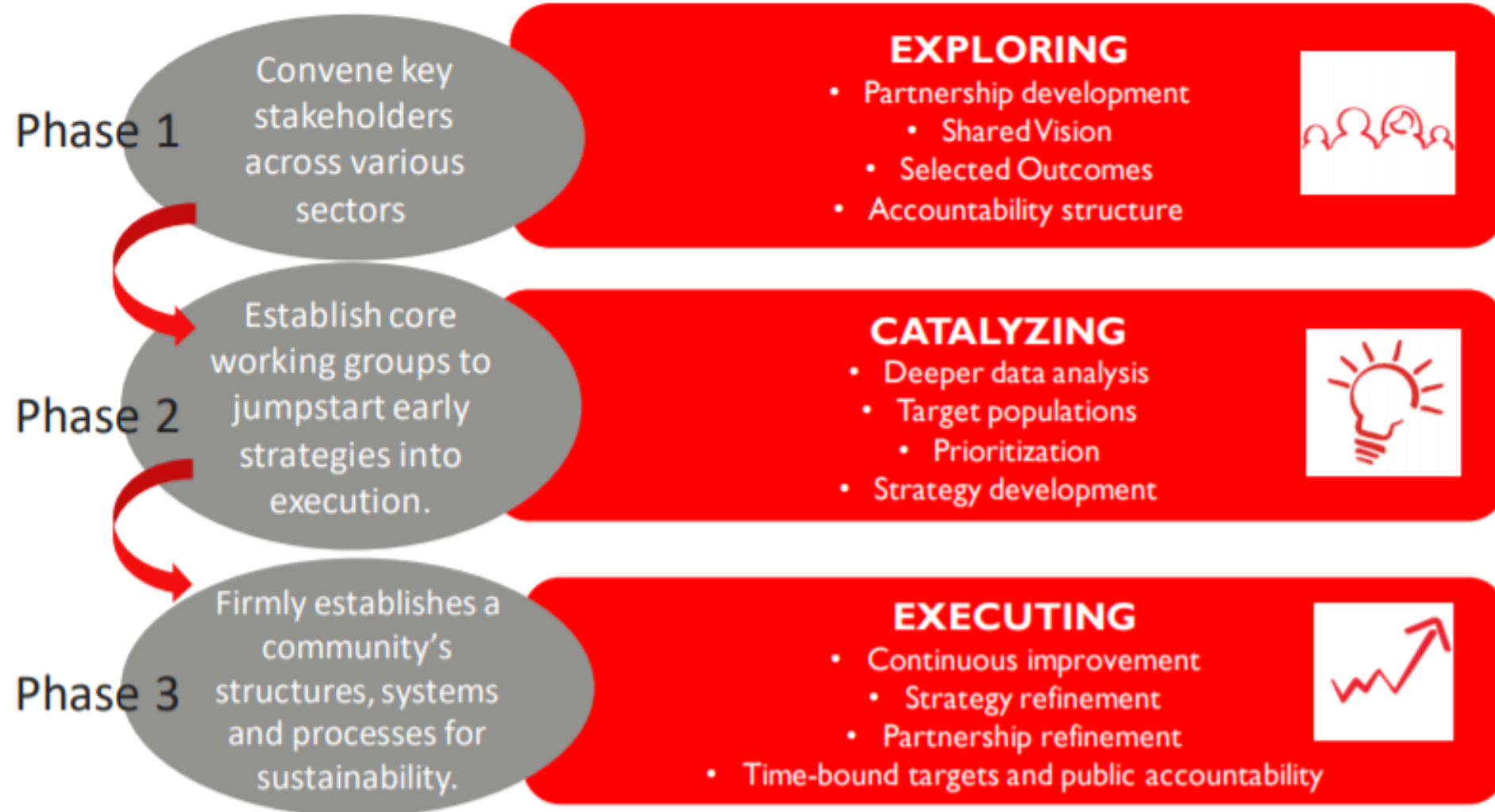


Key Barriers to Food Security:

- Economic Instability
- Geographic Isolation
- Transportation
- Limited Resources
- Volume of Need



Collaborative Community Planning Process



THANK YOU



Save the Children®



FOODSHARE

feeding a need in our community.

Our Belief

Access to fresh, affordable food should not be limited by where you live or how much you make.

Affordability
Accessibility
Education



Fresh Food Boxes are available every other week and are filled with **a meaningful variety of healthy fruits and vegetables** at a very **affordable price**.

Small Box

\$15 cash

\$5 SNAP

15-18 Pounds



What's in a Food Box?





Mashed Cauliflower

Ingredients

- 2 small heads cauliflower, cored and leaves removed and cut into small florets
- 2 cups chicken broth
- 1/4 cup grated Parmesan cheese
- 1/4 cup chopped fresh chives
- Kosher salt and freshly ground black pepper

Instructions

- In a medium saucepan, combine the cauliflower and chicken broth and bring to a boil. Reduce heat to simmer, cover and cook 15-20 minutes or until the cauliflower is tender, but not completely falling apart.
- Use a slotted spoon to transfer the cauliflower to a food processor and puree until silky smooth. Transfer to a bowl and stir in the Parmesan and chopped chives and season with kosher salt and freshly ground black pepper. Serve warm.

Adapted from foodiecrush.com

Cauliflower Fried Rice

Ingredients

- 1 Tablespoon + 1 teaspoon sesame oil
- 2 eggs
- 1 small head cauliflower
- 1/2 cup frozen mixed vegetables
- 2 green onions
- 3 cloves garlic, minced
- salt and pepper
- 3 Tablespoons soy sauce

Instructions

- In a medium saucepan, combine cauliflower and chicken broth and bring to a boil. Combine 1 tablespoon sesame oil with eggs in a bowl then whisk to combine and set aside. Chop cauliflower head into big chunks then send through a food processor fitted



with the grating attachment. Alternatively you could grate the cauliflower on a box grater. Measure out 4 cups grated cauliflower then save the rest for another use.

- Heat remaining 1 Tablespoon sesame oil in a wok or large nonstick skillet over high heat. Add cauliflower, green onions, and frozen mixed vegetables then stir fry until cauliflower is just beginning to turn tender, 3-4 minutes. Add garlic, season with salt and pepper, and then continue to stir fry until garlic is fragrant, 30 seconds or so.
- Push mixture to the sides of the wok to create an opening in the center then add the eggs and scramble. Toss mixture to combine then drizzle in soy sauce and mix again to combine. Serve hot.

Adapted from littlebitsof.com

Sweet Potato Toast 3 Ways



To Make Sweet Potato Toast

Slice sweet potatoes lengthwise into 1/4 inch slices. Add to the toaster like you would bread and toast on high. It may take a round or two to get it cooked how I like it. It's best with a little bit of browning on both sides.

For Avocado

Remove skin from avocado and slice. Add to toast and sprinkle with salt, pepper and some lemon zest.

For Almond Butter

Spread some almond butter on toast and add sliced banana and a bit of cinnamon.

For Tuna

Combine 1 tablespoon mayonnaise, 1 tablespoon relish and 1 tablespoon diced red onion to a small can of tuna. Scoop tuna onto toast!

Adapted from littlebitsof.com

How to Cut & Cook Spaghetti Squash



If you're looking for a low-carb alternative to spaghetti, the aptly named spaghetti squash might be just the ticket. Spaghetti squash is a non-starchy vegetable that contains about 5 grams of carbohydrates per half-cup serving, according to the American Diabetes Association. Its stringy flesh also provides about 20 calories and vitamin C, B-complex vitamins and fiber.

It's easy to prepare spaghetti squash in under an hour. In fact, the hardest part about making spaghetti squash for dinner is most certainly cutting it open, so without further ado, here's how to bake spaghetti squash.

Instructions

- Preheat Oven to 375°F. Oil a sheet pan with olive oil.
- Carefully cut spaghetti squash in half lengthwise.



- Scoop out the seeds and connecting strands, then place cut side down on the prepared sheet pan.



- Bake for 45 minutes, or until the squash flesh becomes tender and separates easily into strands with a fork.



- Finish by gently loosening and removing the "spaghetti strands" from the shells.



- Serve spaghetti squash warm or with cheese and your favorite pasta sauce or simply drizzle with olive oil and parmesan.

Adapted from bestrecipebox.com

Spaghetti Squash with Tomatoes, Spinach & Garlic



Cook spaghetti squash using above directions then continue with recipe below.

Ingredients

- 1 spaghetti squash (cooked)
- 5 cloves garlic, peeled and finely chopped
- Olive oil
- 3 Large, firm tomatoes
- 5 big handfuls of baby spinach leaves
- Feta Cheese to top each dish
- Salt & Pepper

Instructions

- In a big, heavy bottomed pot, coat the bottom with olive oil and start to sauté garlic on medium heat. Sauté for about 4-5 minutes until aromatic, but not brown.
- Add spaghetti squash to cooking garlic, and season with salt and pepper.
- Over medium heat, stir squash and add in spinach. Stir until spinach is wilted.
- Add chopped tomatoes and stir again until combined and tomatoes are warm.
- Serve immediately and top with crumbled feta, and more salt and pepper to taste.

Adapted from thesesalt.com



Local FoodHub

Receives Orders, Procures
Produce, Packs Boxes and
Distributes



FoodShare Greenville

Mill Village Farms

FoodShare Spartanburg

Ruth's Gleanings

FoodShare Orangeburg

Ace Basin Growers

FoodShare Bamberg

Bamberg County Health Coalition

FoodShare Lee County

Mount Calvary Missionary Baptist Church

FoodShare Kershaw

United Way Kershaw

FoodShare Lancaster

Hope in Lancaster

FoodShare Chesterfield

Chesterfield County Coordinating Council

FoodShare Laurens

SC Empowerment Center

FoodShare Marlboro

Northeastern Rural Health Network



FoodShare Greenville

Mill Village Farms

FoodShare Spartanburg

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Small Pantry

Medicaid/Medicare Clinic

All Purpose Service Center

Niche Service Provider



SC Office of Rural Health

Clemson Extension

Endowment Funding

SNAP-Ed

State Coalitions

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NEVER MISS A **MOMENT**

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2021

RURAL CHILD HUNGER SUMMIT

