

7th ANNUAL IRIS HOUSE SUMMIT

Women As
The Face
of AIDS



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From the Food Pantry to the Dinner table

CASA ESPERANZA PARA MUJERES Y NIÑOS



ICE BREAKER

What is your favorite “food” childhood memories?



Background

Our Mission

To empower women to become supportive change agents in their communities by providing them with the tools needed to render support, outreach, spiritual development and preventive services to other families within their communities.



Background

Community Outreach programs:

1. **Seasonal Street Outreach Events:** These events occur at selective times during the year, too celebrate and increase HIV/AIDS awareness among the community.
2. **HIV/AIDS Awareness Celebrations:** Two annual events based on the theme of “Prevention through Empowerment..”



“Street Outreach Event”



Fall Harvest (Treats are ok in Moderation)



MOM & SON ENJOYING TIME TOGETHER @ CASA STREET OUTREACH EVENT..



Lessons Learned through Community Outreach

Food is one of the primary reasons community members attend our events , due to enormous financial burdens we feed participants at the event and send home wrapped hot meals for other family members.

Food brings families together, offering the opportunity to share a meals encourages communication and bonding.

Food reflects a families culture and traditions.



ENJOYING A LOW SODIUM ALL BEEF HOTDOG AT CASA “STREET OUTREACH” EVENT



OBJECTIVE

To encourage women to preserve their family units by making affordable meals that require few ingredients, meals that are appropriate for persons afflicted with Hypertension, Diabetes Mellitus, and other illness' secondary to the ramifications of Obesity.





THE RESEARCH



CHARACTERISTICS & DIETARY PATTERNS OF HEALTHY & LESS HEALTHY EATERS IN THE LOW INCOME POPULATION

Healthy Eaters	Less Healthy Eaters
<p><i>Adults were more likely to be:</i> <i>Female</i> Older than 60 Foreign-born Not working In a one person household <i>Or have:</i> High blood pressure High cholesterol Diabetes <i>Children were more likely to be:</i> Age 2-5 With a foreign-born householder With a married householder</p>	<p>Adults were more likely to be: Male Age 19-40 African American Working at least 20 hours per week Smokers Or have: Very low food security More than 2 hours of screen Children were more likely to be: Age 12-18 African American Or have: Very low food security among children</p> <p><i>US Department of Agriculture Food & Nutrition Service</i></p>



CONTINUED....

Healthy Eaters	Less Healthy Eaters
<p>Adults and children were more likely to:</p> <ul style="list-style-type: none">Eat breakfastEat 3 meals dailyConsume milk, fresh fruit and fruit and fruit vegetables, and whole grainsEat smaller amounts of foods suggested for occasional consumptionConsume nutrient rich diets	<p>Adults and children were more likely to:</p> <ul style="list-style-type: none">Eat in a restaurantConsume sweetened beveragesObtain larger shares of calories from snacks, mixed dishes, and added sugars and fatsConsume higher calorie/lower nutrient diets <p><i>US Department of Agriculture</i></p>



ECONOMIC PERSPECTIVES

USDA has four food plans

1. Thrifty
2. Low-Cost
3. Moderate-Cost
4. Liberal



THE PLANNING



Budgeting

SAMPLE: “Low Cost Food Plan”

1. \$175 per week for a family of four
2. 40% goes towards vegetables and fruits
3. Contains more fruits, vegetables, whole grains, and lower fat/skim milk products.
4. Vegetable and fruit recommendations cost on average \$0.50 cents per cup; fresh produce \$0.42 for vegetables and \$0.56 for fruits.
5. Least expensive vegetables; potatoes, lettuce, eggplant, prepared cooking greens, summer squash, carrots, and tomatillos.
6. Least expensive fresh fruits; watermelon, bananas, apples, pears, pineapple, and peaches.

US Department of Agriculture



EATING ON A BUDGET- THE 3 P'S

Plan

1. Plan meals and snacks for the week according to an established budget.
2. Find quick and easy recipes
3. Stretch ingredients
4. Use a grocery list
5. Check for sales, coupons, compare stores
6. Use loyalty cards

US Department of Agriculture



PURCHASE

1. Buy groceries when you are not hungry and when you are not in a rush.
2. Stick to your grocery list.
3. Buy store brands
4. Compare unit prices
5. Purchase in bulk or family packs
6. Choose fresh fruits and vegetables in season, buy frozen
7. Avoid individual servings, prepared, and pre cut vegetables.
8. Canned beans, canned fish, and frozen vegetables are available year round and nutrient rich. Canned vegetables and canned fruit are a good choice if opting for low salt and packed in water.

US Department of Agriculture



PREPARE

1. Some meal items can be prepared in advance.
2. Double/Triple recipes and freeze in containers.
3. Try meatless meals, by using beans, peas, rice, and pasta.
4. Incorporate leftovers
5. Use fruits and vegetables to add bulk to meals.

US Department of Agriculture



IMPLEMENTATION

INTRODUCING....

THE COMMUNITY TABLE



THE PROCESS

ENGAGEMENT

Sampling of food at each event.



Fall Harvest



THE PROCESS

EDUCATION

Providing menu cards of each dish serviced as well as information on local pantries and how to obtain food stamps and WIC if applicable.



Street Outreach



THE PROCESS

EMPOWERMENT

Allowing women from the community to share their own healthy recipes using menu cards provided by the organization to record them. In addition, offering them the opportunity to have their recipe featured in the community cookbook.



Whole Wheat Pasta with Bolognese Sauce

1 box (16ounces) whole wheat pasta

1 pound lean ground beef

1 large white onion

2 large carrots

4 cups of low sodium beef broth

2 Tablespoons of Tomato Paste

Olive oil

Parmesan cheese to taste

Sauté onions and carrots in 2 tablespoons of olive oil for 10minutes, then add ground beef and brown through. Add Tomato paste and Beef Broth to the ground beef mixture an simmer over very low heat, uncovered for 1 ½ hours. In a separate pot boil whole wheat pasta in water per box directions. Drain pasta and toss with meat sauce. Lightly sprinkle parmesan cheese on top of mixtures to taste. Serves with either a green salad or green vegetables.



HOLIDAY OUTREACH; HOT MEALS, HOLIDAY GIFTS AND COAT DRIVE...



SHORT TERM GOALS

1. Cookbook
2. Community garden
3. Family Nutrition Assessments



LONG TERM GOALS

1. Cooking classes
2. Meal planning and shopping list



CASA VOLUNTEER ENJOYING HIS BREAK TIME



SAMPLES FROM “THE COMMUNITY TABLE” COOKBOOK..

Cold	Hot
<ol style="list-style-type: none"><li data-bbox="193 325 927 539">1. Pasta Salad- whole wheat pasta, seasonal vegetables, light vinaigrette, skim milk based cheese.<li data-bbox="193 611 830 768">2. Gazpacho – Using seasonal vegetables and canned (low sodium) tomato juice.	<ol style="list-style-type: none"><li data-bbox="985 325 1719 432">1. Salmon patties with mustard dressing. (using canned salmon)<li data-bbox="985 496 1642 596">2. Roast chicken with seasoned frozen vegetables.



Q & A

Questions on nutrition and meal planning?



INFO@CASAESPERANZANEWYORK.ORG

