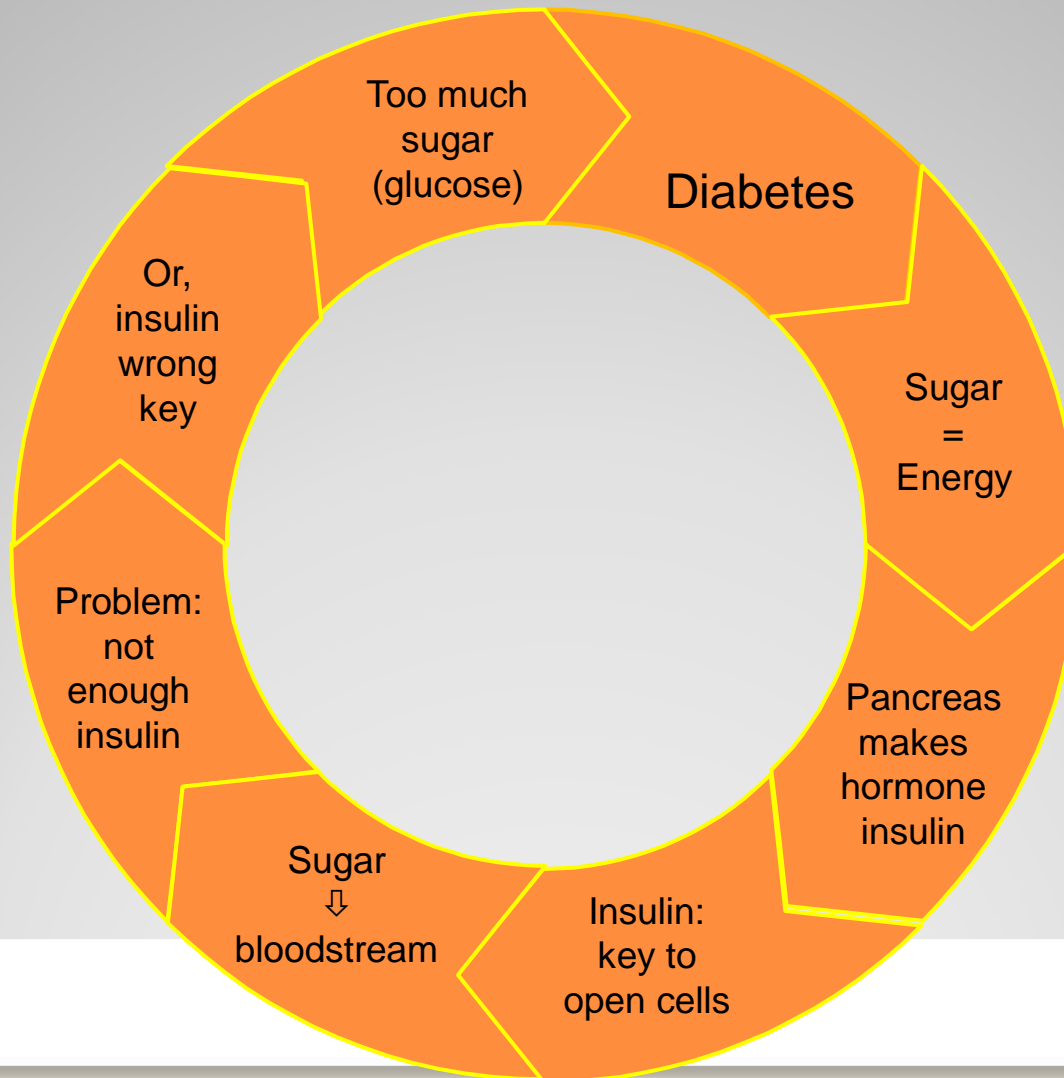


Helping our Clients



Blanca Campos, MPH, CHES
Community Produce Program Manager

Diabetes





Diabetes: Types

Type 1: Born with or develop in childhood

Type 2: Developed over time, poor diet & physical inactivity

Gestational: Developed during pregnancy

Who has Diabetes?

1 in 7 adult Californians



1 in 9 adults in Contra Costa County



1 in 10 adults in Solano County



Steps in the Right Direction

1996 Food for Children

- 4 -5 year olds
- Nutritious, protein rich food, 25 lbs.



2001 CalFresh (Food Stamps)

- Outreach
- Application assistance
- Facts and Myths Trainings
- Partner Meetings



Steps in the Right Direction

2007 Farm 2 Kids

- 3-5 lbs.
- Fresh fruits and vegetables
- 84 after school programs



Steps in the Right Direction

2009 Better food procurement

- No salt added or low sodium
- 100% whole grains
- No added sugar or unsweetened



2012 Community Produce Program

- **55 Sites**
- **15-20 lbs. fresh fruits and vegetables**
- **Produce Tip Sheets**





What we can do

Steps we can take...

- ✓ **Identify better food choices**

- ✓ **Place foods in a designated area**

- ✓ **Promote**
 - **CalFresh (Food Stamps)**
 - **Community Produce Program**

Brainstorm



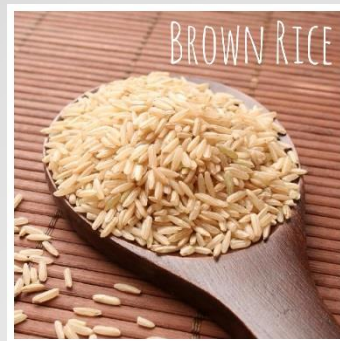
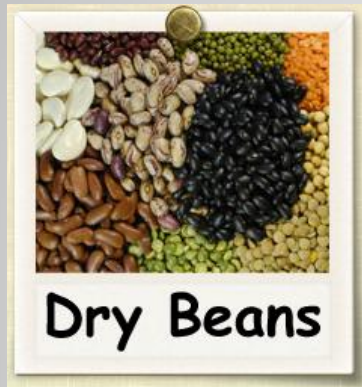
Identify better food choices

- **You can purchase from the Food Bank**
- **To look for from the donated food**

What can we look for?

Better Food Choices

Purchased or Donated Food

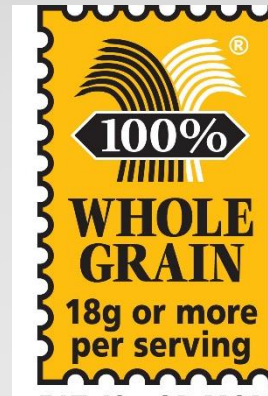


Better Food Choices

Purchased or Donated Food



↑ Fiber



Better Food Choices

Purchased or Donated Food



↓ Sodium (Salt)



Better Food Choices

Purchased or Donated Food



↓ Fat



Better Food Choices

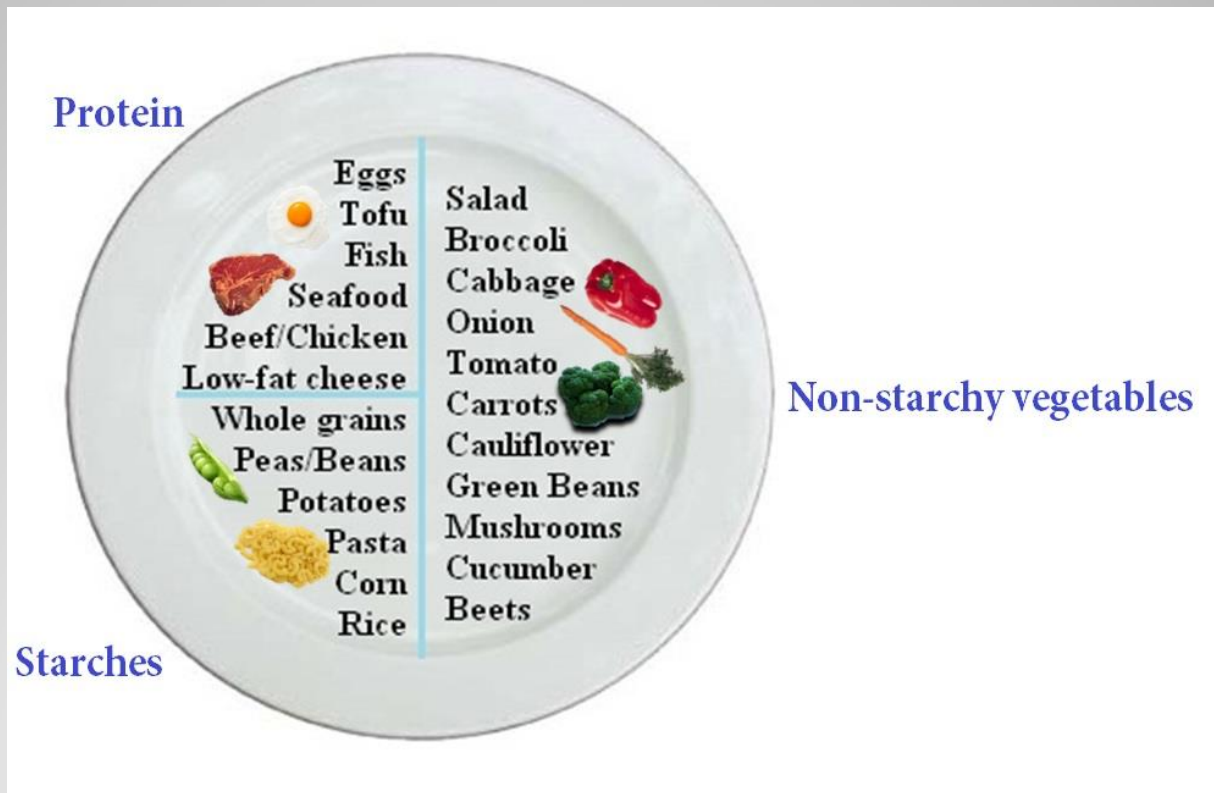
Purchased or Donated Food



↑ **Vegetables**



The Diabetic Plate



Brainstorm



Place foods in a designated area

- **Identify ways you can separate better food**

Where can you place the foods for diabetic clients?

Review

We can help ALL our clients be healthier

✓ **Choose healthier food:**

↓ **Low Sodium**

↓ **Low Fat**

↑ **High Fiber**

↑ **Vegetables**

Review

- **Place foods in a designated location**
 - **Closet**
 - **Shelf**
 - **Corner**
 - **Box**

Make the better choice the easy choice



Review

Tell clients about...

- ✓ **The Community Produce Program**
- ✓ **Cal Fresh (Food Stamps)**
- ✓ **Food For Children**
- ✓ **Farm 2 Kids**
- ✓ **www.foodbankccs.org**

And Remember...

Take the first step...

