

# Trauma-Informed Hunger Relief and Nutrition Education



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# FOOD BANK: HOW WE DISTRIBUTE OUR FOOD

## Food Donor Base

1. USDA Programs 2. Major Food Suppliers 3. Food Purchase 4. Food Drives

### 168 Direct Mass Distributions

Food Bank trucks deliver food to partners sites including elementary schools, senior living facilities, career centers, churches, social service agencies. Food Bank staff administer the program.



### 400 Nonprofits w/Feeding Programs

Food Pantries, Churches, Shelters, Senior Centers, After School Programs, Congregate Meal Sites access food from the Food Bank warehouses to operate their food programs.

**SAN DIEGANS FACING HUNGER**

Leah's Pantry believes that everyone deserves a nourishing meal every day.



# Leah's Pantry Strategies



**Cooking &  
Nutrition  
Workshops**



**Staff Training &  
Capacity  
Building**



**Innovative  
Resource  
Development**



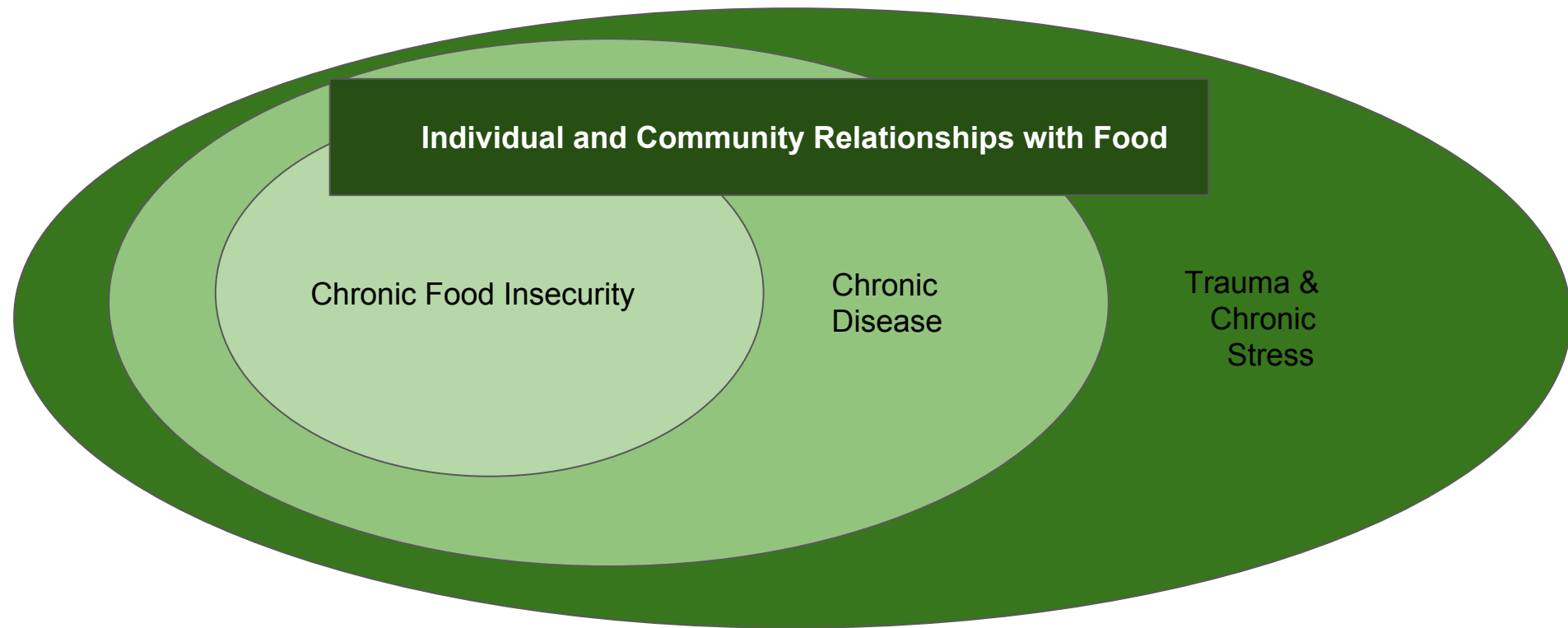
# **CALORIES + POUNDS**



# **NUTRITION + HEALTH**



# Leah's Pantry: Widening the lens of hunger relief





DIGNITY?



C7112

FSD7 JCSDFB

Primary Language: English

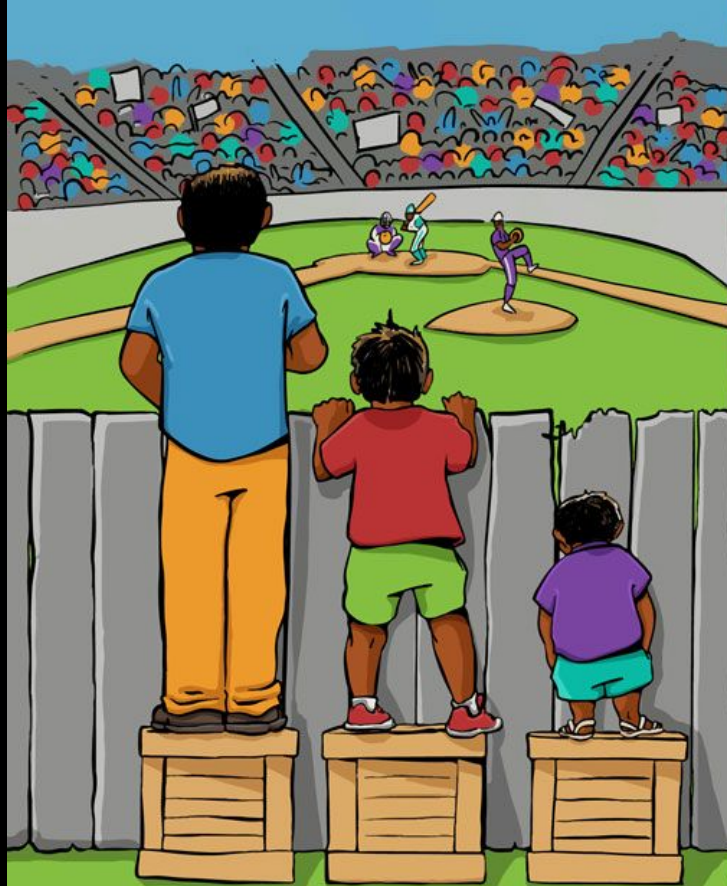


**Shelly  
Parks**



**IMPROVING THE DIGNITY AND EQUITY.**





**EQUALITY**



**EQUITY**

# Leah's Pantry: Developing a Framework

- What are trauma-informed nutrition programs?
- Why trauma-informed nutrition programs?
- Components of the programs
- Best practices
- Next steps

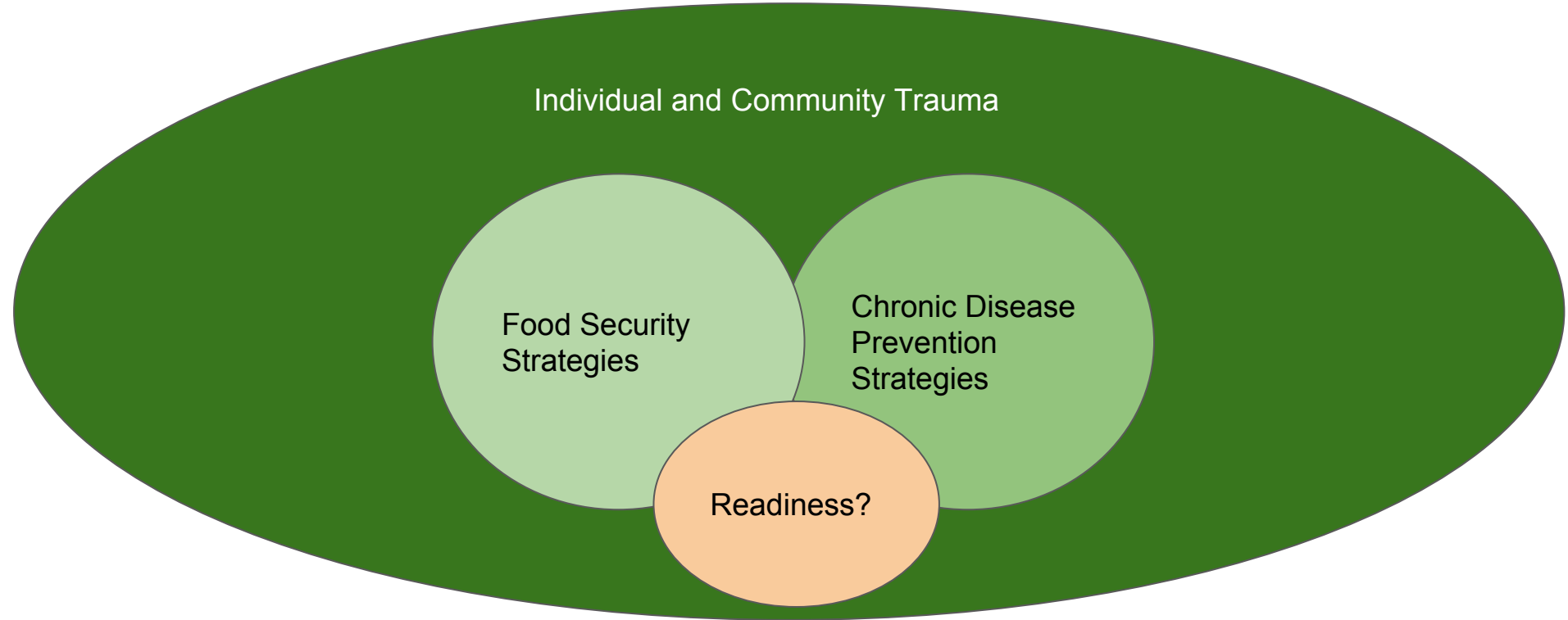
# Hunger Relief & Chronic Disease Prevention

Individual and Community Trauma

Food Security  
Strategies

Chronic Disease  
Prevention  
Strategies

Readiness?





**EACH FOOD  
PROGRAM IS  
UNIQUE!**





trust

**FOCUS ON BUILDING THE  
RELATIONSHIP**

# Barriers and Opportunities







**ARE YOU MEETING THEM  
WHERE THEY'RE AT?**



- LEARN ABOUT YOUR LOCAL FOOD + NUTRITION RESOURCES FIRSTHAND
- ASSESS FOR FOOD SECURITY, ACCESSIBILITY, AND ABILITY TO PREPARE
- ENSURE YOUR CLIENTS ARE FOOD SECURE