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**“AND  
JUSTICE  
FOR ALL”**

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**USDA** UNITED STATES DEPARTMENT OF AGRICULTURE

Form AD-475-C (REVISED 8/2000)

★ JOIN US ★

WE INVITE YOU TO JOIN THE COALITION



# The Power of Collaboration

## “Healthy Food Access, Healthy Communities”

- The Food Pantry Story...



# The Power of Collaboration

## “Healthy Food Access, Healthy Communities”

- By a show of hands



# Question: (yell out the answer)

How many Food Pantry's are there within an hours drive of Mecosta County? [https://www.suntopia.org/mecosta/mi/food\\_pantries.php](https://www.suntopia.org/mecosta/mi/food_pantries.php)

God's Helping Hands Of Mecosta County  
 Chippewa Lake Community Church  
 Saint Andrew's Church  
 Project Starburst  
 Weidman United Methodist Church  
 Lakeview Ministerial Association Food Pantry  
 Love Fund: Six Lakes Food Pantry (the)  
 Belvidere Community Church  
 Reed City Area Ministerial Association Food Pantry  
 Mid Michigan Community Action Agency  
 Montabella Ministerial Association  
 Helping Hands  
 Rosebush Emergency Assistance Pantry  
 Potters House Family Worship Center  
 Community Compassion Network  
 Community Compassion Network  
 Cornerstone Worship Center  
 Trinity Baby Pantry  
 Sheridan Assembly Of God  
 Hope's Pantry  
 Five Capnewaygo County Office  
 Twin Cities Seventh Day Adventist Church Twin Cities Food Pantry  
 Shiloh Church Food Pantry  
 Amazing Grace Helping Hands Outreach  
 Jennings Community Church  
 Friends Christian Community Development Organization

M-46 Tabernacle Food Pantry  
 St Vincent De Paul Food Pantry  
 Settlement Lutheran Church  
 Marion Community Food Pantry  
 Trinity Christian Life Center  
 Community Nutrition Network The Gathering United Methodist Church  
 Railway Family Center  
 Caring Hands Food Pantry Crystal Lake Community Church  
 Vfw Ladies Auxiliary 5065  
 Saint Ann's Catholic Church  
 Michigan Department Of Human Services Michigan Department Of Human Services -- Lake County  
 Five Cap lake County Office  
 Greenville Community Church Food Pantry  
 Greenville Area Ecumenical Food Mission  
 Glc Hope Ministries  
 First Church Of God  
 Crossroads Compassion Center Greenville Church Of The Nazarene  
 Arms Of Love  
 Gods Love Closet  
 Cedar Springs United Methodist Church  
 Covenant Life Church  
 Cooperative Ministry

Salvation Army -- Gratiot County  
 Alma First Presbyterian Church  
 St Louis Church Of Christ  
 Office Of Human Services  
 Love Inc - Newaygo County  
 Truenorth Community Services  
 Seventh-day Adventist Community Service Center  
 Salvation Army - Wexford/missaukee/ Kalkaska  
 Lifehouse Assembly Of God  
 First Baptist Church Of Cadillac  
 More Info: Food/material Goods Assistance  
 Helping Hands Mission  
 Cedar River Chapel  
 Carson City Community Food Bank  
 Belding Ministerial Association  
 Hesperia/ferry United Methodist Church  
 Ithaca First Presbyterian Church  
 Mamrelund Lutheran Church  
 North Kent Community Services  
 Crossroads Church  
 Second Harvest Gleaners Food Bank Of West Michigan, Inc.  
 Lean On Me Outreach Center  
 Christ The King Lutheran Church  
 Zion United Methodist Church  
 United Methodist Church Of Breckenridge  
 Area Community Service Employment And Training Council - Acset

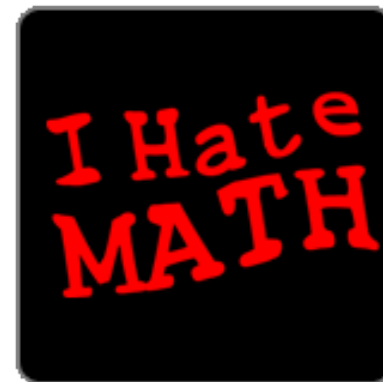
Food Insecurity

+

Lack of resources

=

1. Chronic Disease Self-management Hardship
2. Continued, Poor Community Health Outcomes
3. Everybody pays (\$)



# It began with a simple conversation....

How do we [**better**] serve our Food Pantry clients with diabetes?

1. I know zero about diabetes
2. I don't want my clients to think I'm prying
3. I wish I could give them resources specific to food pantry items
4. I want our food pantry clients with diabetes to know I care about their health



In order to better serve food pantry clients, we needed to know 3 things:

- Their self-management confidence level
- Their diabetes literacy
- Their ability to recognize nutrition/carbohydrate counting



Once we knew that we could boil it down to the correct resources individuals needed.





10 pantries

30 surveys per pantry

Collection time of 6 months

299 clients took the surveys



A SURVEY FOR THE DIABETIC CLIENT

1. What is your age?
  - 18-25
  - 26-30
  - 31-45
  - 46-55
  - 56-64
  - 65+
2. Gender
  - Male
  - Female
  - Prefer not to respond
3. Have you been diagnosed with,
  - Type 1 Diabetes
  - Type 2 Diabetes
  - Gestational Diabetes
  - Pre-Diabetes
4. I am confident that I can make good food choices that will help me manage my diabetes.
  - Yes
  - No
  - Sometimes
5. In order to help manage my blood sugar, I know how to effectively count carbohydrate.
  - True
  - False
6. Foods that contain carbohydrate are: *(check all that apply)*

<input type="checkbox"/> Meat	<input type="checkbox"/> Cheese	<input type="checkbox"/> Fruit	<input type="checkbox"/> Eggs	<input type="checkbox"/> Bread
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7. I regularly test my blood sugar *(check all that apply)*
  - In the morning
  - Before meals
  - 2 hours after a meal
  - In the evening
  - I **do not check** my blood sugar regularly
8. I take my diabetes medications every day
  - Yes
  - No

MORE QUESTIONS ON THE BACK @!!

9. When my blood sugar is UNCONTROLLED, I know what to do to help balance it.
  - Yes
  - No
  - Sometimes
10. I have a hard time dealing with the stress of managing my diabetes.
  - Always
  - Sometimes
  - Never
11. Over time UNCONTROLLED blood sugar levels may lead to *(check all that apply)*

<input type="checkbox"/> Blindness	<input type="checkbox"/> Kidney Disease	<input type="checkbox"/> Heart Disease	<input type="checkbox"/> Neuropathy (numbness in hands & feet)
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12. I feel in control of my diabetes self-management
  - Always
  - Sometimes
  - Never
13. I regularly visit the doctor
  - Yes
  - No
14. How can Michigan State University Extension help you? *(check all that apply)*
  - Offer free cooking & nutrition programs at the Food Pantry
  - Help me learn about carbohydrate, what foods have it and how I safely count carbohydrate
  - Provide me & the food pantry staff with more Diabetes resources
  - Label the Food Pantry shelves to help assist diabetics
  - YOUR COMMENTS OR SUGGESTIONS ARE WELCOMED:

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**THANK YOU!**

FOR OFFICE USE ONLY	FOOD PANTRY CODE:

Survey Overview of Collection

Questions: 4, 5, 11, 12, measure confidence  
 Questions: 4, 5, 6, 7, 8, 9, 10, 13, measure self-care skill  
 Questions: 4, 5, 6, measure diabetes nutrition literacy



How it was determined:

Questions: 4, 5, 11, 12, measure confidence

Questions: 4, 5, 6, 7, 8, 9, 10, 13, measure self-care skill

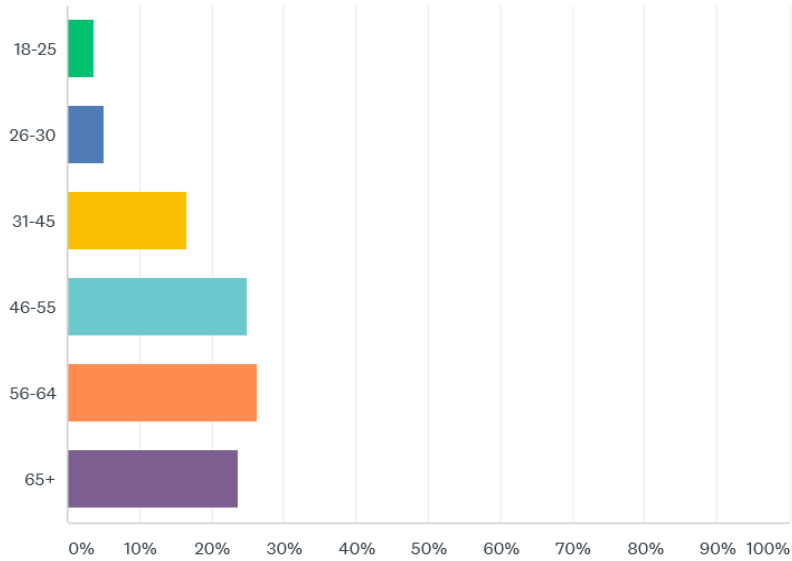
Questions: 4, 5, 6, measure diabetes nutrition literacy



Q3

What is your age?

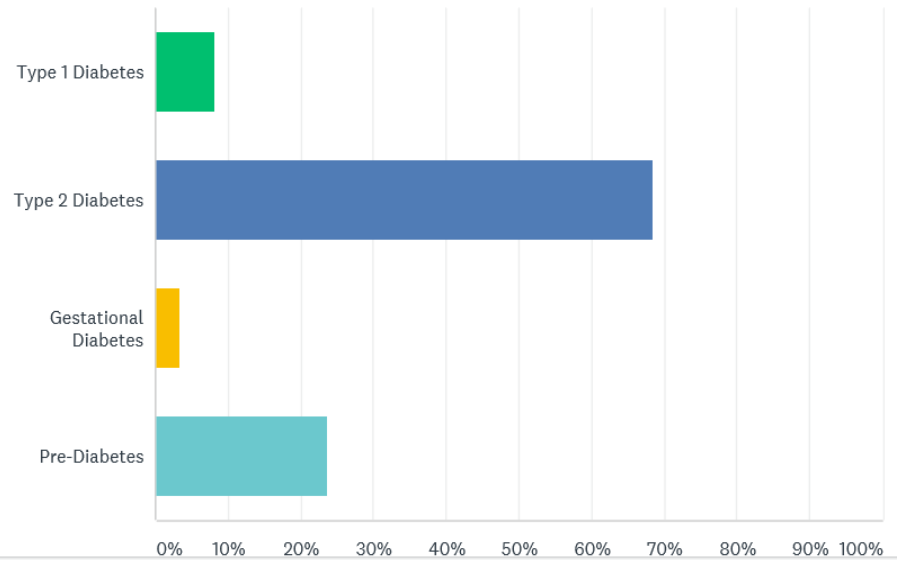
Answered: 297 Skipped: 2



Q5

Have you been diagnosed with...

Answered: 291 Skipped: 8

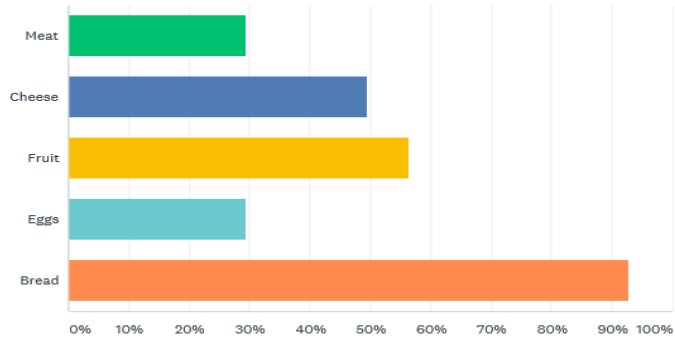


Q8



Foods that contain carbohydrate are: (check all that apply)

Answered: 294 Skipped: 5



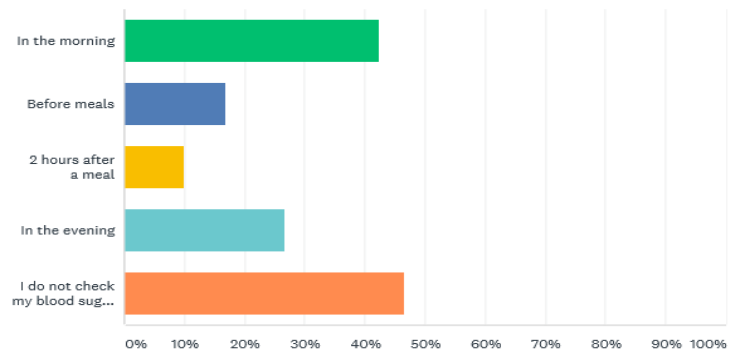
ANSWER CHOICES	RESPONSES
Meat	29.59% 87
Cheese	49.66% 146
Fruit	56.46% 166
Eggs	29.59% 87
Bread	92.86% 273

Q9



I regularly test my blood sugar: (check all that apply)

Answered: 296 Skipped: 3



ANSWER CHOICES	RESPONSES
In the morning	42.57% 126
Before meals	16.89% 50
2 hours after a meal	10.14% 30
In the evening	26.69% 79
I do not check my blood sugar regularly	46.62% 138
<b>Total Respondents: 296</b>	

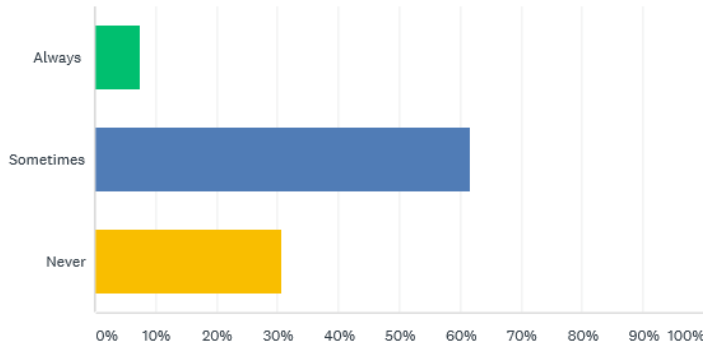


Q12



I have a hard time dealing with the stress of managing my diabetes.

Answered: 290 Skipped: 9



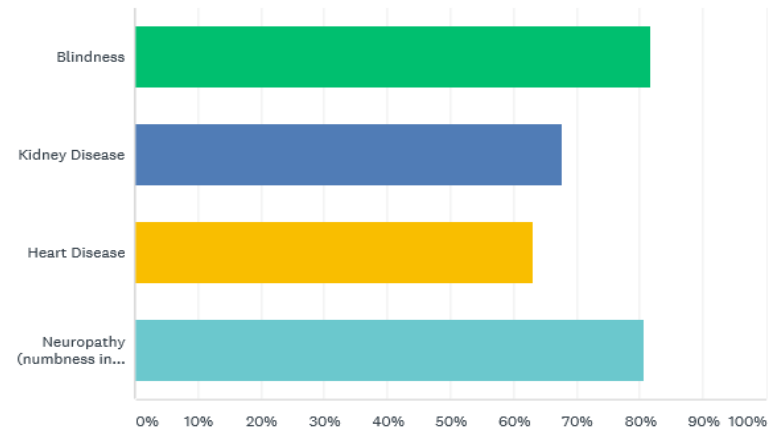
ANSWER CHOICES	RESPONSES	
Always	7.59%	22
Sometimes	61.72%	179
Never	30.69%	89
<b>TOTAL</b>		<b>290</b>

Q13



Over time, UNCONTROLLED blood sugar levels may lead to: (check all that apply)

Answered: 280 Skipped: 19



ANSWER CHOICES	RESPONSES	
Blindness	81.79%	229
Kidney Disease	67.86%	190
Heart Disease	63.21%	177
Neuropathy (numbness in hands and feet)	80.71%	226
<b>Total Respondents: 280</b>		





Saint Gregory's Catholic Church



**NAVIGATING THE FOOD PANTRY WITH DIABETES**

**Portion Size Tips for Carbohydrate Control**

<p><b>OATMEAL</b></p>  <p><b>Portion:</b> ½ cup cooked or 4 ounces</p>  <p><b>Carbohydrate:</b> <b>30</b> grams</p>	<p><b>UNSWEETENED JUICE</b></p>  <p><b>Portion:</b> 1 cup or 8 ounces</p>  <p><b>Carbohydrate:</b> <b>30</b> grams</p>
<p><b>PASTA/WHITE RICE</b></p>  <p><b>Portion:</b> ½ cup cooked</p>  <p><b>Carbohydrate:</b> <b>15</b> grams</p>	<p><b>DRY BEANS</b></p>  <p><b>Portion:</b> ½ cup cooked</p>  <p><b>Carbohydrate:</b> <b>15</b> grams</p>
<p><b>BREAD</b></p>  <p><b>Portion:</b> 1 slice or 1 ounce</p>  <p><b>Carbohydrate:</b> <b>15</b> grams</p>	<p><b>CANNED CORN</b></p>  <p><b>Portion:</b> ½ cup</p>  <p><b>Carbohydrate:</b> <b>15</b> grams</p>
<p><b>CANNED TUNA</b></p>  <p><b>Portion:</b> 3 ounces</p>  <p><b>Carbohydrate:</b> <b>0</b> grams</p>	<p><b>UNSWEETENED CANNED FRUIT</b></p>  <p><b>Portion:</b> ½ cup</p>  <p><b>Carbohydrate:</b> <b>15</b> grams</p>

Portion sizes and carbohydrate amounts shown are estimates only. Portion size differs from Serving Sizes listed on Nutrition Facts Labels. Always read the Nutrition Facts Label for a more accurate carbohydrate count. To receive the most accurate information about your diabetes self-care, talk with your healthcare provider and/or certified diabetes educator. Created by: Pam Daniels, MA, DE, HSHW, Extension Educator, & Serena Johnson, Intern. Reviewers: Kathy Bowers, RN, MSN, CDE; Lori King, RN, MSN, CDE & Julie Scheier, RDN.

**Paid for by**









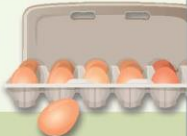











# NAVIGATING THE FOOD PANTRY WITH DIABETES

## Beware of Hidden Sodium – Tips for Better Choices

Having diabetes increases your risk for cardiovascular (heart) disease. The American Heart Association recommends an ideal limit of no more than 1,500 milligrams (mgs) of sodium per day for most adults.

HIGH IN SODIUM			
<b>RAMEN NOODLES</b> Portion: 1 package Sodium: 1,855 mg 	<b>CANNED SOUP</b> Portion: 1 can Sodium: 681 mg 	<b>CANNED VEGETABLES</b> Portion: ½ can Sodium: 550 mg 	<b>REFRIED BEANS</b> Portion: ½ cup Sodium: 880 mg 
HIDDEN SODIUM			
<b>SALAD DRESSING</b> Portion: 2 tablespoons Sodium: 260 mg 	<b>DRY CEREAL</b> Portion: ¾ cup Sodium: 269 mg 	<b>POWDERED MILK</b> Portion: 1 cup Sodium: 373 mg 	<b>AMERICAN CHEESE</b> Portion: 1 slice Sodium: 468 mg 
LOW IN SODIUM – BETTER CHOICES			
<b>EGGS</b> Portion: 1 large (boiled) Sodium: 62 mg 	<b>ZUCCHINI SQUASH</b> Portion: 1 medium Sodium: 16 mg 	<b>DRIED BEANS</b> Portion: 1 cup cooked Sodium: 5 mg 	<b>WHITE POTATO</b> Portion: 1 medium Sodium: 13 mg 
VERY LOW SODIUM – BETTER CHOICES			
<b>CANNED FRUIT</b> Portion: ½ cup Sodium: 5 mg 	<b>APPLE</b> Portion: 1 medium Sodium: 2 mg 	<b>BANANAS</b> Portion: 1 medium Sodium: 1 mg 	<b>DRY MACARONI</b> Portion: 2 ounces Sodium: 2 mg 

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- Mecosta County Sub-committee of NWMCDPC
- LiveWell
- Pam Daniels, MA Diabetes Educator, Michigan State University Extension
- Tom Cummins, Communications Editor, Michigan State University Extension
- <https://www.surveymonkey.com/results/SM-GWXNXYJSL/>
- [https://www.suntopia.org/mecosta/mi/food\\_pantries.php](https://www.suntopia.org/mecosta/mi/food_pantries.php)
- Friends Christian Community Development Organization
- Covenant Life Church
- CMH New Journeys Clubhouse
- Hesperia United Methodist
- Bread of Life-Lake Co.
- RC Area Ministerial Assoc.
- Project Starburst
- Manna Pantry
- Salvation Army Cadillac
- Friends Christian Community Development Organization/Gleaners
- Cadillac Revival Church - a church service
- Bread of Life-Oceana Co.
- Five Cap Newaygo County Office

