

Healthy Food Distribution in Springfield Food Deserts

PURCH Population Health Clerkship 2022

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Summary

- **Who are we?** A group of medical students
- **Where are we?** We have partnered with Square One Mobile Market and King Street School programs
- **Goal:** Address the barriers to acquiring and utilizing healthy foods in food deserts
- **Why** addressing this issue is important?
 - Educating families on how to utilize nutritious food can increase their ability to consume a balanced diet and improve health outcomes
 - Increasing children's access to healthy foods will help support their development and performance in school
 - Advocating for incentivizing healthy eating will greatly increase food access for families served by Square One

Experiential Learning with Square One

- Home visits, mobile food market, King Street Preschool
- Nutritious Accessible Recipes

Breakfast Skillet

1. Chop ~2 potatoes and season with salt (avoid in low sodium diet), pepper, garlic powder, chili powder, any desired seasonings and bake 30 minutes in oven
2. Cook 1 bell pepper, ½ onion, 3 cloves garlic, 1 jalapeno, 1 tomato, handful spinach, or other desired vegetables on a frying pan in 2 tbsp oil until fragrant
3. Add potatoes to pan with vegetables and make 2 wells
4. Crack 2 eggs over the pan in the wells and cook for 2.5 minutes
5. Add ¼ cup desired cheese and cook until melted

Feeds 2 – multiply for larger families



Rationale:

- Easily Modified for low sodium diet, low cholesterol diet
- complex carbohydrates, protein, fat, fiber
- Includes wide variety of foods each in moderation
- affordability, adaptability based on availability of ingredients, shelf life
- dice/prepare potatoes and cut veggies day prior
- can prepare potatoes while completing other task

LENTIL STEW (8 SERVINGS)

1. Heat 3 tablespoons of oil in a large soup pot.
2. Add 1 yellow onion diced, 3 large carrots diced, 3 stalks celery diced, and 4 cloves garlic minced. Cook for 7-10 minutes until softened but not browned.
3. Add a can of tomatoes, a pinch of sea salt, pepper, 2 teaspoons cumin, 1.5 teaspoons turmeric, 0.5 teaspoons oregano, 1 teaspoon curry powder, chili flakes, and 0.5 teaspoons thyme. Stir.
4. Add 4 cups vegetable or chicken broth and water. Simmer.
5. Add 1 cup rinsed lentils. Cover and cook for 15 minutes.
6. Add 3 diced, peeled, and cubed sweet potatoes. Cover and cook for 25-30 minutes. Add 1 bunch of collard greens during the last 5-10 minutes of cooking.
7. Optional: serve with fresh squeezed lime and avocado.



Rationale:

1. This recipe uses ingredients that provide major sources of protein, healthy fats, healthy carbohydrates, fiber, and micronutrients.
2. These ingredients are relatively easily accessible based on the produce grown by Centering the Community and food distributions.
3. Some of the ingredients in this recipe, such as collard greens and sweet potatoes, are foods that certain cultural groups are used to eating and know how to cook.
4. Certain ingredients can be easily substituted. For example, the dried carrots can be replaced by canned carrots. Sweet potato can be replaced with regular potato if need be.
5. It is a flavor-packed recipe, which means eating the food will be fun.
6. This recipe does not use milk or meat products. Therefore, it is suitable for some people with certain dietary restrictions.

Apple Sandwiches

1. Cut apple in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 half-round slices.
2. Spread 1/2 teaspoon peanut butter on one side of each apple slice.
3. Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.
4. Continue with remaining apple slices.



Rationale:

- Quick, easy, and child-friendly snack
- Accessible and affordable ingredients
- Peanut butter and raisins (as well as many dried fruits) have long storage lives
- Complex carbohydrates, protein, fiber, and unsaturated fat

Caribbean Casserole (10 servings, serving size = 1 cup)

ut and sauté 1 medium onion and ½ green pepper inola oil, in a large pan, until tender. Do not brown.

dd one 14 oz can stewed tomatoes, one 16 oz can eans of choice (include liquid from both), 1 spoon of oregano, 1 teaspoon of curry powder, 1 spoon of ginger paste/powder and 2 spoons of garlic powder.

ring to a boil.

tir in 1.5 cups of instant uncooked brown rice and

educe heat to simmer for 5 minutes.

emove from heat and let stand for 5 minutes.

*** add herbs such as black pepper, cayenne pepper, cloves, allspice etc. to taste***



Rationale:

1. This recipe is easy-to-follow and affordable
2. Ingredients are accessible to the target community
3. Includes ½ cup of vegetables and 1 oz of whole grains per serving
4. Culturally familiar and conscious recipe
5. Low sodium diet, low calorie diet endorsed by US Department of Health and Human Services and National Heart, Lung, and Blood Institute

Advocacy Pitch

1. **Healthy Incentive Program (HIP) as of now**
 - Incentive for healthy eating
 - Low monthly cap
 - Advocating for more funding
2. **Support S.108: *An Act relative to an agricultural healthy incentives program***
 - Reach out to legislators
 - Register to go to hearing
 - Submit testimony

Create a food environment in Springfield that provides Square One children with access to nutritious foods allowing them to lead healthy lifestyles!



Use this QR code to find out who your legislators are!

Acknowledgments

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