

## *FSD Best Practices: FSD Programs and Agency Relations Glossary*

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**Advocacy:** a political process by an individual or group which aims to influence decisions within political, economic, and social systems and institutions. Advocacy can include many activities that a person or organization undertakes including media campaigns, public speaking, commissioning and publishing research or conducting exit poll or the filing of an amicus brief. Lobbying is a form of advocacy where a direct approach is made to legislators on an issue which plays a significant role in modern politics

**Agency:** a nonprofit organization or its legal equivalent that receives food from Feeding San Diego.

**Agency Advisory Committee (AAC):** serve as regional representatives of the Feeding San Diego partner agency network in a united effort to alleviate food insecurity through education, advocacy, and the safe and effective distribution of nutritious foods. They help provide feedback on decisions from FSD that affect Nutrition Partners and all distribution partners.

**Agency Capacity Building:** agencies are the charitable organizations supplied with grocery products by Feeding San Diego that provide food directly to food insecure clients through various types of programs. Building agency capacity helps increase agencies' effectiveness and therefore enables them to optimize food distribution to people at risk of hunger.

**Best Practices:** the products of benchmarking; the innovative methods, policies, or programs of other top-performing organizations that make them successful.

**CalFresh:** a federal nutrition program. Qualified low-income families receive an EBT card to purchase food, like fruits and vegetables, each month at participating grocery stores. The CalFresh Capacity Program at FSD provides an additional food assistance resource for clients already participating in partner agency food programs. Through the program's on-going training and support to agency employees and volunteers, the agency itself can provide CalFresh outreach and services including, but not limited to: pre-screening for eligibility, application assistance, and general support and information. Partner agencies submit all completed applications to FSD and FSD submits them to the county and advocates on the client's behalf. This program provides another venue for agencies to help feed the hungry by means of a vital and under-used resource.

**CHOP:** The Choosing Healthy Options Program (CHOP) is an inventory ranking system that simplifies nutrition, by using the Nutrition Facts Label and ingredient list to analyze and rank food, comparatively. Foods are organized into categories and ranked among other similar foods. For example, vegetables are ranked among other vegetables. Beverages are ranked among other beverages. Snacks & desserts are ranked among other snacks & desserts, and so on.

**Client Choice:** a method of distributing food that retains client dignity by allowing clients to select their own food.

- *Client Choice for Agency Pantry:* The clients are able to choose the type of food they would like to take with them, much like a grocery store. For example, the client can choose the can of tuna, an apple, and white bread or the client can choose the can of chicken, an orange, and wheat bread.
- *Client Choice for Mobile Pantry:* The clients choose which of the predetermined food they would like to take with them as well as how much, to a limit. For example, the client can choose this apple over that apple, up to 6 apples.

Feeding San Diego has compiled a thorough guide on client choice, methods, and considerations. Please inquire if you would like a copy.

**Cooking Demonstrations:** Cooking demonstrations differ from recipe samples in that they are prepared on-site at the distribution with our portable cooking kit. The intern or volunteer will be able to actively show how to prepare the recipe, talk about the health benefits of the ingredients, and be able to answer nutrition questions.

**FSD Nutrition Policy Council:** creates policies that support nutrient-dense food distribution. Members also include dietitians, healthcare providers, the County of San Diego's Health and Human Service Department, partner agencies, and the Nutrition Education and Obesity Prevention Branch.

**F2E:** Because the broader food system has yet to agree on a consistent measure for nutritious food—despite the hundreds of evaluation approaches in existence, created by manufacturers, retailers and even food banks – FSD has moved away from even using the term “nutritious food” and instead focused our efforts on Foods to Encourage—foods that we know are lacking, often unaffordable yet are considered the most health promoting according to the 2010 DGA. By focusing and prioritizing these foods—fruits, vegetables, whole grains, lean protein and low-fat dairy, we are in alignment with the external messages and nutrition science and also able to focus on the areas of our system to which we have greater control.

The foods in this first list would receive an automatic F2E, and do not need to meet further criteria.

- Fruit (nothing added)
- Vegetables (nothing added)
- 100% whole grain (e.g. Rolled Oats, Barley or Wild Rice)
- Unflavored/Unsweetened low-fat (1%) or skim/non-fat milk or yogurt
- Flavored skim/non-fat milk or yogurt
- Unsweetened Milk substitutes (e.g. Soy Milk, Almond Milk)
- Protein foods including:
- Eggs
- Nuts, Seeds, Beans and Lentils if nothing added (e.g. sodium )
- Plain water
- 100% Juice

**Food Rescue:** state appropriations designated for soliciting and receiving prepared and/or perishable foods that are, in turn, distributed either directly to low-income people in need, or to charitable human service agencies that provide the food to clients through hunger relief programs.

**Healthy Cook Program:** a six-series nutrition education program with the overall goal to improve an individual's healthy eating behaviors through the distribution of nutrient-dense food, basic nutrition education, and cooking demonstrations. The program encourages a consistent group of students, who will be surveyed both at the beginning and end of the program to measure the impact of the program on their eating habits, to attend each class. The programs' objectives are to: provide families with the tips, tools, and ideas to prepare healthy meals at home for themselves and their families; provide families with thrifty shopping tips and other food and budget management education to improve the health of the family; and to provide self-sufficiency and self-empowerment tools such as CalFresh food assistance, home cooking, and basic nutrition knowledge in a holistic and dignified manner.

**Household:** A group of related or nonrelated individuals who are not residents of an institution or boarding house, but who are living as one economic unit.

**Mobile Pantry:** a method of distributing food with dignity to low-income individuals in food deserts and high need areas by providing produce and nutritious foods to local communities in a farmer's market style. The Mobile Pantry Programs is directly operated by Feeding San Diego with partner agency and community support.

**Nutrition Education:** Feeding San Diego offers Nutrition Education through different models: recipe samples, cooking demonstrations, nutrition education classes, and the Healthy Cook Program. We aim to build healthier communities with the above models and direct to client services. Nutrition education is a key component of our feeding excellence initiative and we believe that the opposite of hungry is not full, it's healthy.

**Nutrition Education Classes:** Nutrition Education classes are taught by FSD interns or volunteers about the basics of healthy eating.

**Outreach:** any method you use to inform people about your services, or any other services available to them. Outreach can include mailings and meetings with neighborhood leaders, an article in a church bulletin, posters, special events, etc.

**Recipe Samples:** An FSD intern or volunteer will bring a prepared recipe to hand out that corresponds with the food at the distribution site. They will bring recipe cards, and will answer questions about nutrition.

**School Pantry:** a dignified method of efficiently dispersing nutritious food to children and their families. Modeled after a farmer's market, the School Pantry uses client choice and allows parents to select from a variety of fresh produce and wholesome staple goods. Most School Pantries occur twice a month and consistently deliver 20-24lbs. of food per family. The School Pantry Program is located on school grounds in order to provide a convenient, central and safe location, and distributions occur on a consistent schedule in order to offer on-going food assistance. The School Pantry is often run by parent volunteers who create a vibrant environment of community support. School Pantry Programs currently serve populations with free and reduced meal rates of 83% on average.