

Flagstaff Family Food Center



Dr. Renee Gregg's Group: Nandini Sodhi,
Madeline Yu, Kelsi Klotter, Angie Norton, and
Syed Saqib

Project Summary Covid 19 created challenges for those serving and those being served by Flagstaff Family Food Center. Our project addresses issues identified by the Director to help support this unique community. We will be providing resources for volunteers/staff and center food recipients in regards to Covid-19 precautions/management as well as educational handouts on food safety. Covid 19 fatigue has set in and they would like our help in refocusing efforts to maintain safety.

Project Goal Help support those supporting their own community and meet new challenges created by the Covid-19 pandemic.





Partner Organization:

In Kitchen:

- Free Hot Meal- Daily from 4 to 5:30 PM
- Backdoor Lunch Program Tuesday - Saturday 10 A.M. to 2 P.M. Anyone can ring the bell and a volunteer will greet them with a smile and a sack lunch.
- Children's Literacy- After sharing the dinner with their family, children are supported in their reading and homework by volunteers.

At the Food Bank:

- Food Box Program Tuesday- Saturday 9 A.M to 1 P.M. Residents can receive 2 box per month as supplies allows.
- Food Rescue Program Daily. Rescues approximately 1,642,000 pounds of food from local restaurants and stores annually.
- Food for Farms- Daily. Nothing goes to waste. Leftover food goes to the animal feed.

In the Community:

- Home-Bound Senior Deliveries- Takes place monthly.
- Mobile Pantries- Daily. Currently have 3 mobile pantries that bring food to elementary schools and senior centers.
- Non-Profit Agency Support- Weekdays 1 P.M to 3 P.M. Distribute more than 1.1 million pounds of food to local non-profits annually.

Overarching theme:

“Train *healthcare professionals* on self-care and resiliency.”

*In this case we created materials for volunteers and community members

Presented by
Family Food Center
Food Bank and Kitchen

We Need Volunteers!



What: Leupp Mobile Pantry Distributions
When: Wednesdays 10am-12pm (11am-1pm Leupp time)
Where: Leupp Elementary School

*Driving directions, more information, and sign up for shifts on www.hotfood.volunteerhub.com

Contact Erik at erikjohnson@hotfood.org or 928-526-2211 with questions.





Initiative Statement:

Our proposal addressed the needs of the staff at Flagstaff Family Food Center to improve hygienic workflow, improve disposition among staff members, and community education to all in order to improve patient outcomes. These included the following:

1. Informative posters on proper handwashing technique and mask wearing.
2. Handout information on hygienic practices for food safety.
3. Development of mental health and resiliency tools to improve the support for all on-site staff.

Why this is important:

- In Coconino County, **19.9% of residents face food insecurity**, which is further exacerbated by the pandemic.¹

Timeline:

- Anticipated amount of time to completion of posters and handout information: end of February 2021. (multiple sessions of about 1-2 hours per week based on availability)
- Resiliency tools and encouragement posters for staff completed by beginning of March 2021
- All materials to be distributed by the end of March 2021
- Completion and practice with group on presentation before April 2021 Conference (should be completed end of March 2021)

1. FlagstaffFoodlink "What We Do". Squarespace.com. Accessed 12.2.20

Social Determinants of Health Impact

Economic Stability:

- Food Insecurity
- Poverty

Social and Community Context:

- Civic Participation
- Social Cohesion

Health and Health Care:

- Health Literacy

Neighborhood and Built Environment:

- Access to Foods that Support Healthy Eating Patterns



Healthy People 2030 Objective:
Reduce household food insecurity and hunger.

Baseline: 11.1% of households experienced food insecurity in 2018

Goal: 6.0%¹

Our goal was to support & encourage the workers/volunteers involved in the organization to continue working to address these SDOH in our AZ community.

Partner Organization Poster Requests

1. Proper Handwashing Technique and Hygiene for the Community
2. Proper Handwashing Technique and Hygiene for the staff
3. Proper mask use and importance of social distancing based on CDC guidelines
4. Encouragement and motivational posters for staff in context to burnout
5. Food safety and proper preparation of grocery products (washing of produce)
6. Appropriate use between hand sanitizer and hand washing informational poster



Sample posters

COVID-19 Suggestions:

Studies have shown that COVID-19 does **NOT** spread via food. But COVID can spread via **surface contact**, so it is still important to follow the sanitation guide below:

STEPS TO SAFE AND HEALTHY FRUITS & VEGETABLES

From the Store to Your Table

Fruits and vegetables are healthy to eat. But did you know that harmful germs, like *Salmonella*, *E. coli*, and *Listeria*, can sometimes be on fruits and vegetables? There are steps that can help keep your healthy—and your fruits and vegetables safer—from the store to your table.

COVID-19 primarily spreads from person to person. But if the virus is on a surface (i.e. fresh fruit) it can still spread.


Fruit and Vegetable Safety at the Store or Market



- Check for Bruises**
 - Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.
- Keep Precut Fruits and Vegetables Cold**
 - Choose pre-cut and packaged fruits and vegetables that are refrigerated or kept on ice.
- Separate**
 - Separate fruits & vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

Get fruits & vegetables home and in the fridge in 2 hours or less

Fruit and Vegetable Safety at Home



- Wash**
 - Wash your hands before and after preparing fruits and vegetables.
 - Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
 - Fruits and vegetables labeled "prewashed" do not need to be washed again at home.
- Keep Cold**
 - Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible or within 2 hours.
 - Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.
- Separate**
 - Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
 - Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
 - Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

For more information, call 1-800-CDC-INFO or visit www.cdc.gov.




U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



COVID-19 VACCINE INFORMATION

Information Provided By UMC Infectious Disease Physician Dr. Luis Medina-Garcia
lasvegasnevada.gov/coronavirus



<p>Will kids get vaccinated?</p> <p>No.</p> <p>Vaccines will likely only be available for ages 16 and older.</p>	<p>Can we stop wearing a mask after vaccination?</p> <p>No.</p> <p>Until we have enough people vaccinated, safety measures need to be maintained.</p>	<p>Do you need a vaccine if you have had COVID-19?</p> <p>Yes.</p> <p>Given the uncertainty about how immunity lasts, it is important to get the vaccine when it is available.</p>
<p>Will we need to get the vaccine every year like the flu shot?</p> <p>We don't know yet.</p>	<p>Will the vaccine make you sick?</p> <p>Minor reactions have been reported in 3% of people.</p>	<p>How effective is the vaccine?</p> <p>The vaccine is 95% effective.</p> <p>It is safe and extremely reliable.</p>

Hand Sanitizer Use Out and About

Germs are everywhere! They can get onto hands and items we touch during daily activities and make us sick. Cleaning hands at key times with soap and water or hand sanitizer that contains at least 60% alcohol is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and using hand sanitizer. Soap and water work to remove all types of germs from hands, while sanitizer acts by killing certain germs on the skin. Although alcohol-based hand sanitizers can quickly reduce the number of germs in many situations, they should be used in the right situations. Soap and water are more effective than hand sanitizers at removing certain kinds of germs like *norovirus*, *Cryptosporidium*, and *Campylobacter* as well as chemicals. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead.



Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. It reduces your hands and which method to use will give you the best chance of preventing illness.

When should I use?

<p>Soap and Water</p> <ul style="list-style-type: none"> Before, during, and after preparing food Before eating food Before and after caring for someone who is sick with vomiting or diarrhea Before and after treating a cut or wound After using the toilet After changing diapers, or cleaning up a child who has used the bathroom After touching an animal, animal feed, or animal waste After handling pet food or pet treats After touching garbage If your hands are visibly dirty or greasy 	<p>Alcohol-based Hand Sanitizer</p> <ul style="list-style-type: none"> Before and after visiting loved one in a hospital home, unless the person has COVID-19 and you and water to wash hands If soap and water are not available, use alcohol-based sanitizer that contains at least 60% alcohol, and wash as soon as you can DO NOT use hand sanitizers when hands are visibly dirty or greasy, after gardening outdoors, fishing, or car handwashing station is wash your hands with a water instead.
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Handwashing: Keeping Your Family Healthy

Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.



- Help your child develop handwashing skills**

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the **five easy steps** for handwashing—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.
- Lead by example**

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.

LIFE IS BETTER WITH CLEAN HANDS

www.cdc.gov/handwashing

This website was developed by CDC. This is a Non-Federal Government work product. It is published under the Creative Commons Attribution-NonCommercial-ShareAlike license.

How should

<p>Soap and Water</p> <ul style="list-style-type: none"> Wet your hands with clean running water (warm or cool), turn off the tap, and apply soap. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice. Rinse your hands under clean, running water. Dry your hands using a clean towel or air dry them. 	<p>Alcohol-Based Hand Sanitizer</p> <p>Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.</p> <ul style="list-style-type: none"> Put enough sanitizer on your hands to cover all surfaces. Rub your hands together until they feel dry (this should take around 20 seconds). DO NOT rinse or wipe off the hand sanitizer before it's dry; it may not work well against germs.
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This website was developed by CDC.

Handwashing can prevent

1 in 3 cases of diarrhea

1 in 5 respiratory infections, such as a cold or the flu

What if soap and water aren't available?

Washing hands with soap and water is the best way to get rid of germs. If soap and water are not readily available, use an alcohol-based hand sanitizer that has at least 60% alcohol.

Did you know?

Baby wipes may make your hands look clean, but they're not designed to remove germs from your hands. CDC recommends washing hands with soap and water when possible.

Remember to make handwashing a healthy habit at home, school, and at play!

Getting 'Back to Normal' Is Going to Take All of Our Tools

If we use all the tools we have, we stand the best chance of getting our families, communities, schools, and workplaces "back to normal" sooner!

<p>Get vaccinated.</p> 	<p>Wear a mask.</p> 
<p>Stay 6 feet from others, and avoid crowds.</p> 	<p>Wash hands often.</p> 

www.cdc.gov/coronavirus/vaccines

COVID-19 | 08/2020

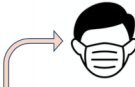

Outcomes

1. Increased morale among food bank workers
2. Decreased infection rate with proper handwashing & hygiene
3. Increased adherence to CDC guidelines with the objective of reducing the spread of COVID-19
4. Assurance of proper preparation and handling of food

**Increasing knowledge and decreasing barriers*

“People form new, health - protecting habits when they repeat behaviors that are **rewarding**, especially... when they have information about the appropriate way to practice those behaviors.”

PROTECT YOURSELF & YOUR
COWORKERS FROM
COVID-19
WEAR A FACE
COVERING



- Please wash your hands before & after wearing a mask
- Don't touch the front of your mask, especially when taking it off
- Don't put on or remove your mask in public, high-contamination areas
- Wash your cloth mask daily and store it in a clean, dry place
- Continue hand washing and physical distancing while wearing mask

- Make sure mask is snug around face without gaps
- Mask should cover from nasal bone to under your chin

Limitations and Challenges

- Inability to meet with team members & partner organization in person
- Limited funds- unable to provide tangible resources
- Inability to print posters
- Finding credible resources for poster information

