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
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)

---

\(^1\) Flagstaff Foodlink “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%

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
**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.

---

**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 body is healthy, you don’t have to worry about missing school, work, or other activities.

---

**COVID-19 VACCINE INFORMATION**

Information Provided by UMC Infectious Disease Physician Dr. Luis Medina-Garcia. 
https://medina-garcia.com/coronavirus

**Will kids get vaccinated?**

No.

**Can we stop wearing a mask after vaccination?**

No.

**Will we need to get the vaccine every year like the flu?**

We don’t know yet.

**Will the vaccine make you sick?**

Mild reactions have been reported in 3% of people.

**How effective is the vaccine?**

The vaccine is 95% effective.

**Do you need a vaccine if you have had COVID-19?**

Yes. Given the uncertainty about how immunity lasts, it is important to get the vaccine even if you’ve had COVID-19.

---

**Help your child develop handwashing skills**

Parents and caregivers play an important role in teaching children how to wash their hands. By teaching young children handwashing properly, they become lifelong healthy habits.

**What to do:**

- Use soap and water and wash hands for at least 20 seconds.
- Only use alcohol-based hand sanitizers that contain at least 60% alcohol.
- Avoid touching your face, especially your eyes, nose, and mouth.

**What to use:**

- Alcohol-based hand sanitizers:
  - At least 70% alcohol
  - Hand sanitizer is only effective when applied properly—always apply enough to cover all surfaces.
  - Do not use if hands are wet until they feel dry (it should take about 10 seconds to dry).

---

**Sample posters**

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 you, your family, and your fruits and vegetables safe from the store to your table. For more information, call 1-800-CDC-INFO or visit www.cdc.gov.
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.”

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