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Making the Healthy Choice the Easy Choice

Community Interventions

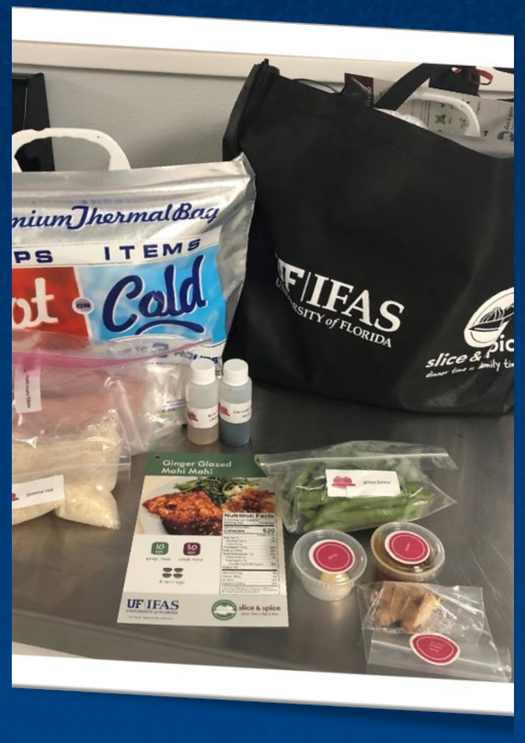
February 8, 2024

Anne Mathews, PhD, RDN

Support Florida families to access more nutritious food choices to improve their health and well-being

Community Nutrition + Teaching Kitchens

Recipe for Heart Health



Nutrition in a Box

Books and Cooks

COOKING AND HEALTH

- Cooking more at home is connected to improved diet quality
  - Increased fruit, vegetable, and fiber intake
  - Lower total calories, saturated fat, cholesterol, added sugar, sodium
- A healthy diet patterns affects growth, development, and long-term health status

Culinary Medicine

- Applied in various forms
  - Culinary therapy
  - Teaching kitchens
  - Medically tailored meals
  - Meal kits and delivery services
  - Health apps

Recipe for Heart Health

A plant-based culinary diet intervention to test independent benefits of olive oil

Cardiovascular Disease

- Conditions that affect the heart or blood vessels
- Top cause of mortality and morbidity worldwide
  - 655,000 deaths from heart disease/year in US
  - 1 in every 4 deaths
  - Heart attack every 40 seconds

Vegan/Vegetarian Diets for CVD Prevention

- Large epidemiological studies
- Low-fat plant-based diet clinical trials
- Post-hoc PREDIMED cohort reanalyzed for provegetarian food pattern
    - Reduced risk of all-cause mortality by 41% in quintiles with highest vegetarian score

Specific Aims

Aim 1 – Biometric Analyses

→ compare effects on **clinical/metabolic cardiovascular risk factors**

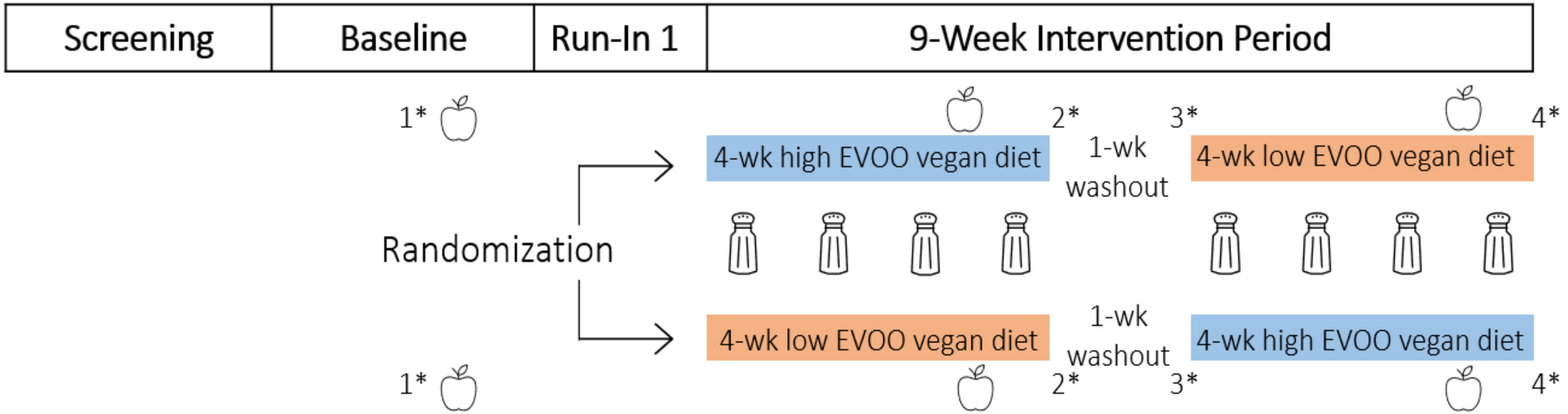
Aim 2 – Behavioral and Psychological Analyses

→ compare effects on **cooking measures, stress, and mood**

Aim 3 – Dietary Analyses

→ compare effects on **diet quality and skin carotenoid status**

Overview of Study Design



*Data collection: fasting blood, urine sample, stool sample, surveys, body measurements

ASA-24 diet recalls

Cooking class

Study Design: pilot prospective, open-label, randomized, controlled crossover clinical trial

Population: primary prevention adult patients at borderline to high risk for ASCVD

Teaching Kitchen Sessions

Overview of the Recipe for Heart Health Culinary Medicine Intervention Activities

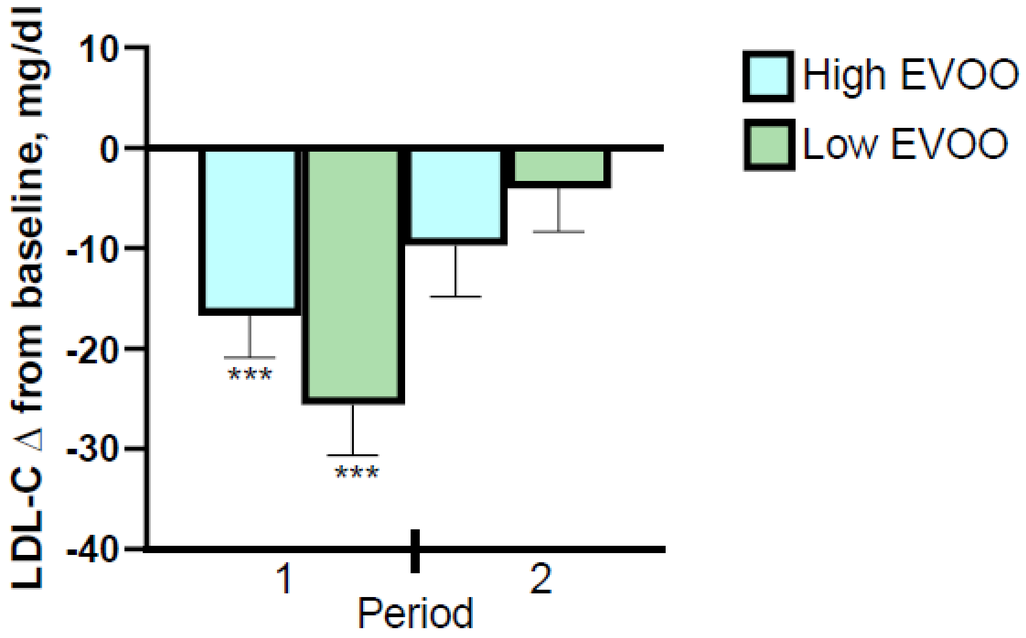
High or Low EVOO Vegan Diet			
○ Kitchen Basics ❖ Plant-Based Diet ❑ Lifestyle Behaviors Intro	○ Wheel of Cooking ❖ Balanced Meals & Plant Proteins ❑ Nutrition, Nature, & Sustainability	○ Soups, Salads, & Sides ❖ Fruits, Veggies, & Friendly Fats ❑ Goal Setting & Values	○ Beans & Grains ❖ Fiber, Carbohydrates, & Hydration ❑ Movement
WEEK 1	**WEEK 2**	**WEEK 3**	**WEEK 4**
○ Pastas & Sauces ❖ Energy/Nutrient Density ❑ Stress Mgmt. & Mindful Eating	○ What's for Breakfast? ❖ Micro- & Phyto-nutrients ❑ Sleep	○ Snacks & Sweets ❖ Nutrition Label & Sweeteners ❑ Science of Happiness	○ Flavors around the World ❖ Building Flavor & Eating Out ❑ Community & Relationships
WEEK 5	**WEEK 6**	**WEEK 7**	**WEEK 8**

○ Culinary Focus ❖ Nutrition Education ❑ Lifestyle Wellness

5-10 min check in & intro	20-25 min nutrition & culinary education	5-10 min cooking demo	30-40 mins hands-on cooking	15-20 mins tasting & lifestyle discussion

BRIEF RESULTS: MEAN LDL-C LEVELS BY TIMEPOINT AND DIET ORDER

(a)



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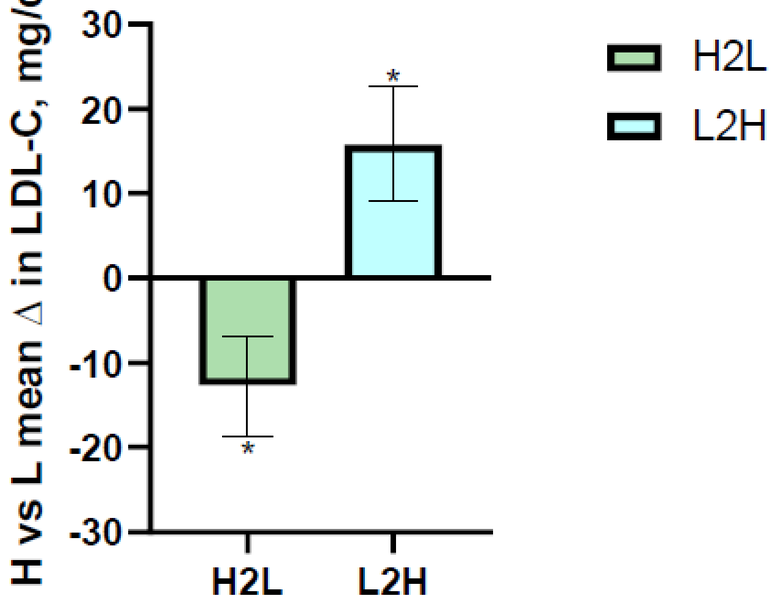

COOKING AND FOOD AGENCY

+27% +80% +13% +7%

Data presented as mean±SEM

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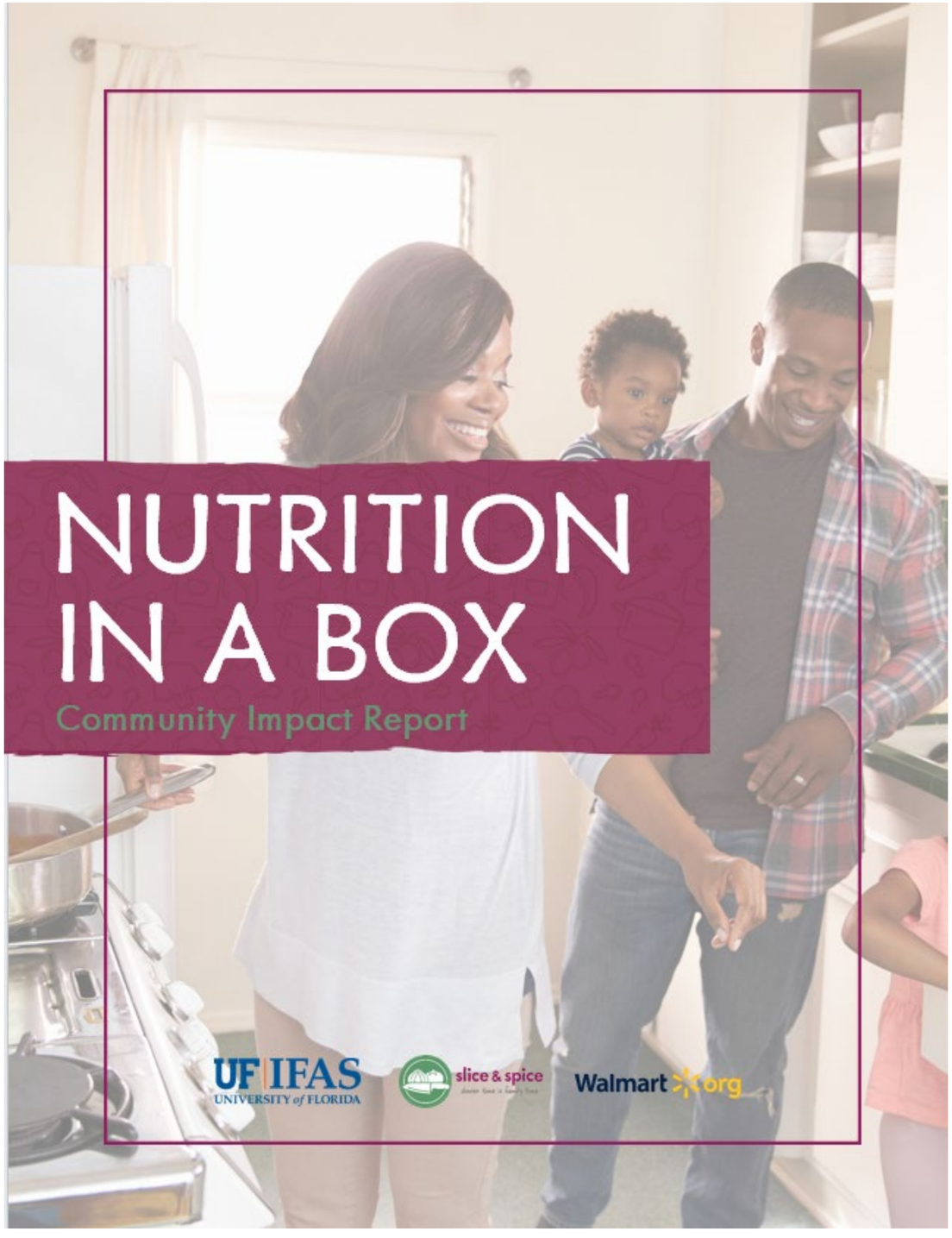

NUTRITION IN A BOX

Community Impact Report

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Walmart org

NUTRITION IN A BOX PILOT

We partnered with Eastside High School's Institute of Culinary Arts to develop a meal kit program for 40 families with low income.

This pilot program had several positive outcomes:

- Improved diet quality while participating in the program
- Decreased perceived stress
- Child engagement in cooking

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HIGHLIGHTS FROM FOCUS GROUPS

Shopping Behaviors

- **73% (11/15) reported cost as a major driver of food purchasing decisions**
- **27% (4/15) reported nutrition as a major driver of food purchasing decisions**

Meal Kit Preferences

- **None of the focus group participants had heard of a meal kit**
- **Participants were open to the idea of the meal kit, but cited cost as a possible barrier**
- **All participants preferred a meal kit that includes fresh and shelf stable ingredients**
- **Central pick-up locations suggested include local church, food bank, community center, and schools**

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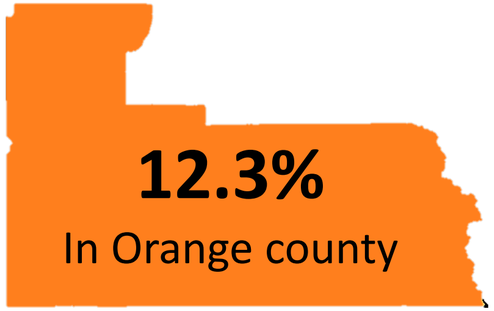
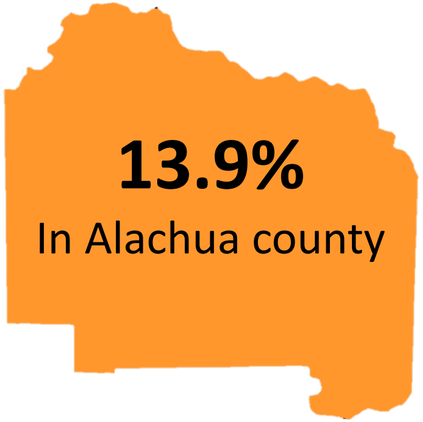
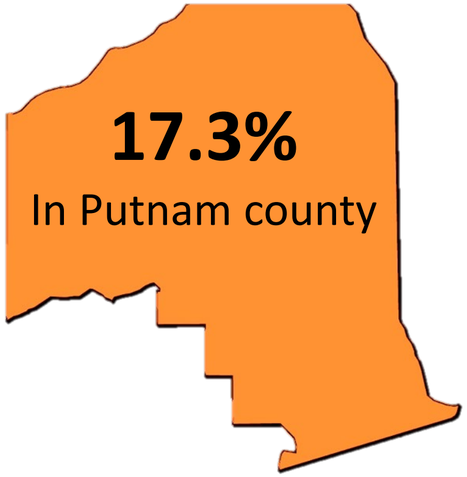
THE PROBLEM (PRE-COVID19)







- Food insecurity relates to poor dietary intake, negative health outcomes, and increased healthcare costs.
- There is a critical need to increase daily access to fresh, healthful foods that can be prepared in acceptable and appetizing ways for many families

NUTRITION IN A BOX 2020-2023

Program Goals for Meal Kit/Nutrition Intervention for 150 families with low income:

Increase fresh food access

Increase fruit and vegetable intake

Increase frequency of cooking meals at home

Engage 400+ high school students from 4 high schools in growing food and preparing boxes

Develop a toolkit with step-by-step guidance for establishing a community-based meal kit program

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ADDITIONS TO LARGER PROJECT

New aspects of the project:

- Steering committees in each target community that meet quarterly
- Partner with high school agricultural science programs to help grow produce for meal kits
- Partner with UF/IFAS Extension to help create a sustainable program

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THE PROGRAM

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dinner time is family time

Slice & Spice

- **6-week program**
- **Families receive**
  - 3 nutritious meals for a family of 4 each week with step-by-step instructions
  - Recipe cards and demonstration videos
  - Nutrition education materials
  - Cooking utensils
- **Health and nutrition data are collected at 3 times:**
  - Before receiving their 1st meal kit
  - At the end of the 6-week program
  - 6 months after the program ends

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Recipe Cards

Black Bean Quesadilla with Corn, Avocado, and Tomato Salad

Prep time: 15 minutes Cook time: 15 minutes Servings: 4

Nutrition Facts

Calories 510

Scan code for a video of how to make this recipe!

Ingredients:

- 1 cup canned corn kernels (drained)
- 1 medium avocado
- 1 medium cucumber
- 1 cup cherry tomatoes
- 1 medium lemon
- ½ small red onion
- 2 tablespoons olive oil
- ½ cup chunky salsa
- 1 (15.5 oz) can low-sodium black beans
- 2 cups shredded reduced-fat Colby and Monterey jack cheese
- 8 tablespoons fresh cilantro
- 8 (8-inch) flour tortillas
- 1 clove garlic
- ½ teaspoon salt

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Walmart

Instructions:

1. Prep

Cut the cucumber and red onion into small dice. Slice the tomatoes and lemon in half. Finely chop the cilantro. Remove the avocado's peel and seed and cut the avocado into medium dice. Mince the garlic clove. Drain corn and black beans. Rinse the black beans.

2. Make corn, avocado, tomato salad

To a large bowl, add the avocado, cucumber, tomatoes, red onion, and corn. Carefully juice the lemon into the avocado mixture. Remove any seeds. Add 1 tablespoon olive oil, garlic, and salt.

3. Make the filling

Mix the black beans, cheese, cilantro, and salsa in a medium bowl and set aside.

4. Assemble quesadilla

Spread about ½ cup of the black bean mixture on half of the tortilla. Fold tortillas in half and set aside. Repeat this step for the remaining tortillas.

5. Cook quesadilla

Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Place filled tortillas in skillet. Cook for 3 minutes per side or until tortillas are golden brown and cheese filling melts.

6. Final touches

Cut quesadillas into wedges and serve with corn, avocado, and tomato salad.

Did You Know?

- Black beans are a good plant-based protein.
- Reduced-fat cheese offers good flavor with less saturated fat.

Try these tips!

- Avocadoes have one large seed in the middle; carefully remove it with a knife or spoon.
- Squeeze the lemon over a slotted spoon to separate the seeds from the juice.

POSITIVE FAMILY MEALS

Eating meals together as a family has educational, health, and social benefits. Parents can involve kids in the menu planning, grocery shopping, and cooking. Mealtimes can be a fun time for families to spend together.

GET KIDS INVOLVED:

- Kids can help shop, cook, and clean up dinner. Younger children can help in the following ways:

  Preschoolers: wash produce, add ingredients, stir ingredients, help set the table, and put things in the trash

  Elementary school-aged children: help make a grocery list, help put groceries away, measure ingredients, crack open eggs, cut food with a plastic knife, and set the table

Flip over for more!

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An Equal Opportunity Institution

slice & spice
dinner time is family time

FOCUS ON FAMILY DURING DINNER:

- **Encourage conversation:** Show interest in your family's stories, praise one another, and try not to talk over each other.
- **Remove distractions:** Turn off the tv and put phones away so you can focus on family.
- **Be a good role model:** Eat from every food group and try new foods. If your children see you eating a new food, they may be more willling to try it.

LET KIDS MAKE CHOICES:

- Parents and kids can share feeding responsibilities.
- Parents can decide what, when, and where to eat.
- Kids can decide whether to eat and how much to eat.

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dinner time is family time

RECIPE VIDEO

- https://drive.google.com/drive/u/4/folders/1KY5LoWjmJgKhQ01zQclR-4ayKnT7xzlm

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RECIPES AND VEGETABLES

Recipe Card Name	Protein Source	Main Vegetable	Grain
Stir Fry Vegetables and Beef	Beef	**Carrots, broccoli,** bell pepper	Brown rice
Easy Spanish Chicken with Tomato Sofrito Sauce	Chicken	Tomato, **Onions**	Barley
Black Bean Quesadilla with Corn, Avocado, and Tomato Salsa	Beans	Cucumber, Corn, Avocado, **Cilantro**	Tortilla, Black Beans
Summer Salmon	Fish	Asparagus, **Onion**	Whole wheat linguine
BBQ Chicken Pizza with Garden Salad	Chicken	**Mixed greens**, red onion	Whole wheat English muffin
Roasted Veggie Farro Bowls with Marinated Cranberries & Pepitas	Grain	Sweet potato, **potato**	Farro
Hearty Spinach Salad	Chicken	**Spinach**	Croutons
Blackened Catfish with Cheddar Cheese Grits & Collard Greens	Fish	**Collard greens, Onions**	Grits
Bangin' Burrito Bowl	Beans	Peppers, **Onions, Cilantro**	Brown rice
Vegetable and Shrimp Stir Fry	Shrimp	Zucchini, carrots, snow peas	Brown rice
Honey Mustard Turkey Burger with Seasoned Fries	Turkey	Sweet potato, **potato**	Whole wheat hamburger bun
Baked Caprese Tortellini with Arugula Salad	Vegetarian	Tomato, **Onions**	Tortellini
Tilapia Creole	Fish	Tomato, Peppers	Brown rice
Chimichurri Cod with Roasted Carrots & Garlic Herb Couscous	Fish	**Carrots, Cilantro**	Couscous
Lentil Tacos with Mexican Salad	Grain	**Onions, lettuce**, tomato, avocado	Taco shell
Baked Pork Chops with Vegetables	Pork	**Potato,** Cauliflower, **Carrots**	Potato
Shrimp Scampi	Shrimp	**Broccoli, onion**	Whole wheat linguine
Chickpea-Powered Mediterranean Couscous	Beans	Thyme, zucchini, cherry tomatoes	Couscous

Story Prompts

FAMILIES

- Theme: Dinner time is family time
- Prompt: With all our day to day commitments, we may not have a chance to enjoy meals together. Share how dinner time is family time in your home.
  - How did the meal kits affect eating together as a family?

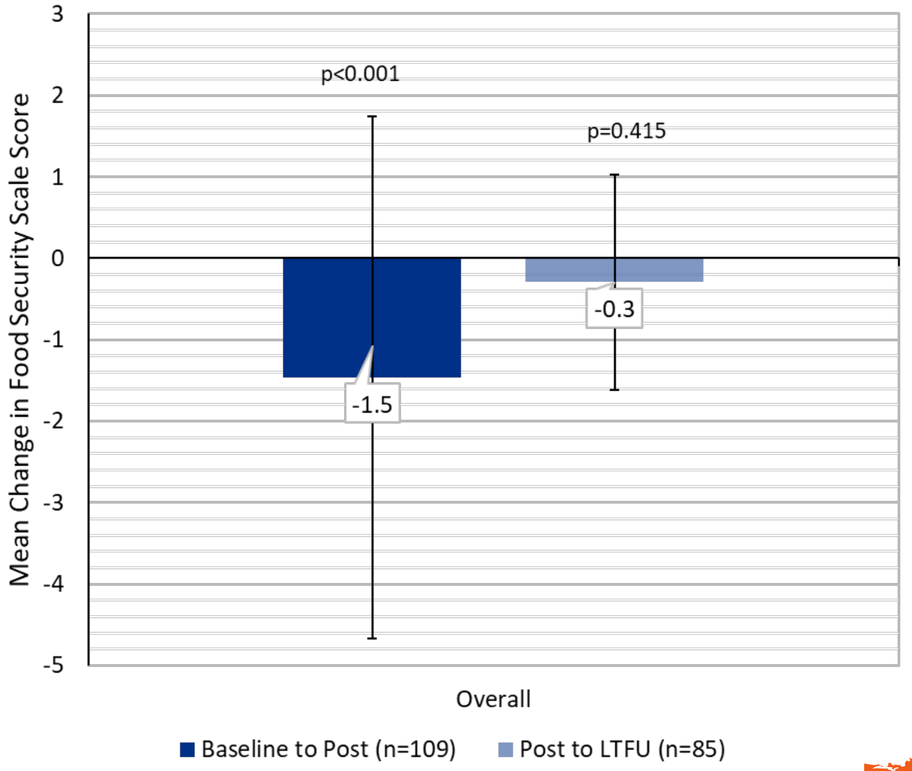
Story Prompts

Students

- Theme: Gardening makes me feel…….
- Prompt: Gardening can generate many feelings and emotions. Show us how you felt in class.
  - How do you feel when you are working in the garden and harvesting produce for your community?

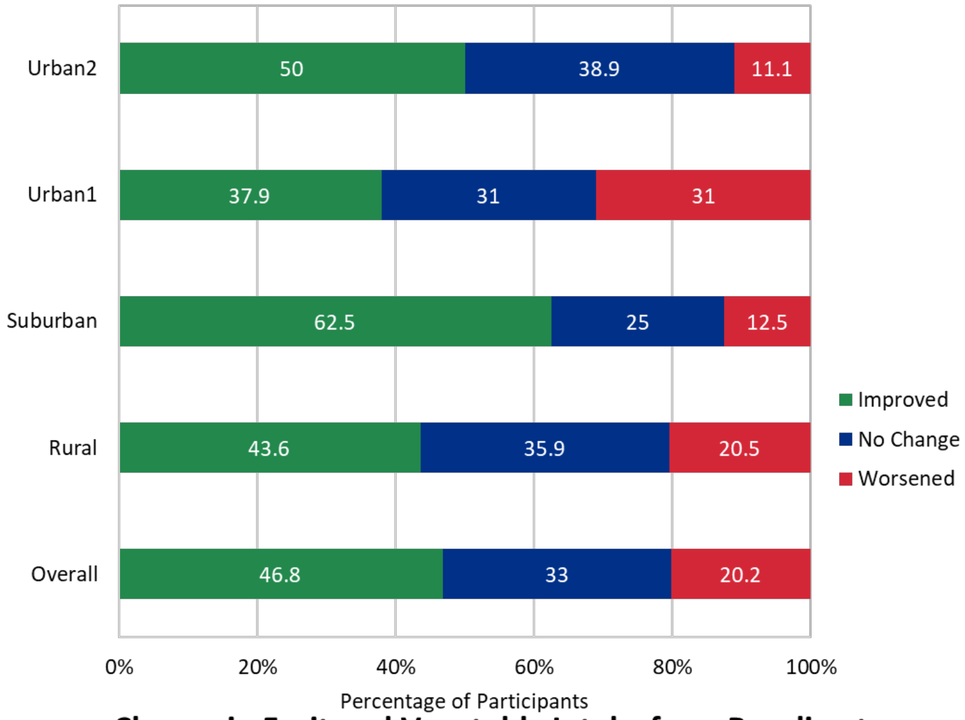
RESULTS

Food Insecurity Decreased



Overall Mean Change in FS Scores

Fruit and Vegetable Intake Increased



Change in Fruit and Vegetable Intake from Baseline to Post

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UF/IFAS Extension Books and Cooks

New Worlds Reading Initiative Vision

Develop teacher experts in the science of reading through microcredentials and create home school connections in literacy

Create at-home libraries for eligible students

Establish community & statewide partnerships

Build excitement for reading through statewide promotional campaign

Develop caregivers' confidence & capacity to support children's reading

*Current Eligibility

Florida public and charter school students in **kindergarten through fifth grade** are eligible based on the following criteria:

- Any student who has been identified as not yet reading on grade level based on The Florida Assessment of Student Thinking (FAST)
- Any student who receives Tier 2 or Tier 3 reading instruction

New Worlds Reading Engagement at a Glance

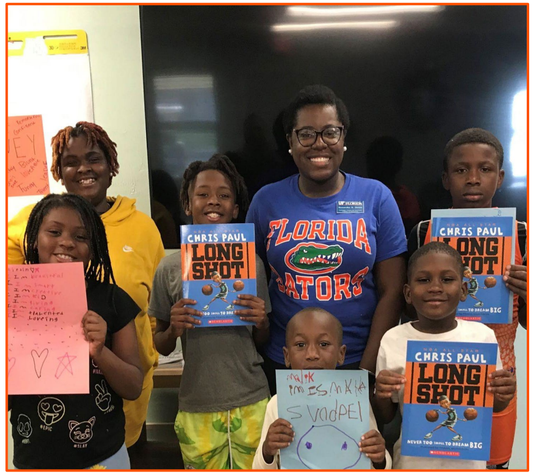
Overview

- Attended **Community** Outreach Events
  - Community Health Fairs
  - School Resource Fairs
  - Community Family Nights
  - School Science Fairs
- Regional Outreach Efforts
  - District Information Sessions and emails
  - Flyers Mailed to Every Elementary School
  - Flyers Distributed at Outreach Events
- Pop-Up Banners

Community Event

Read Aloud

At The Capitol



Housing Authority Tour

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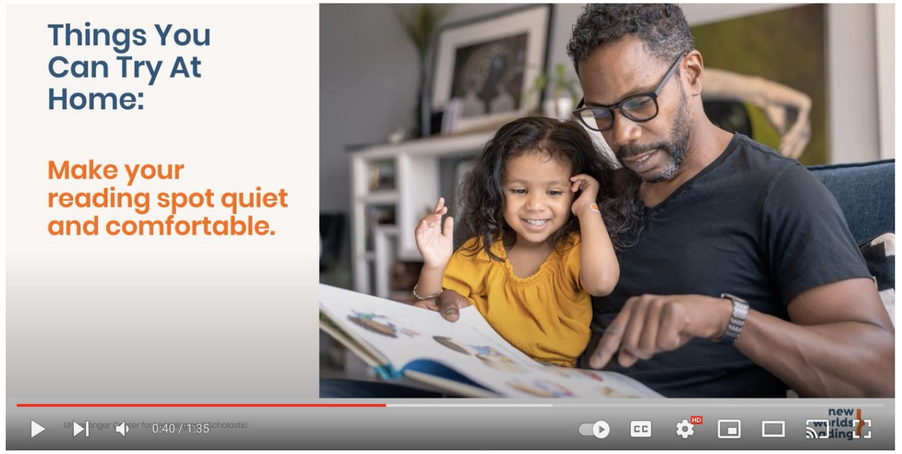
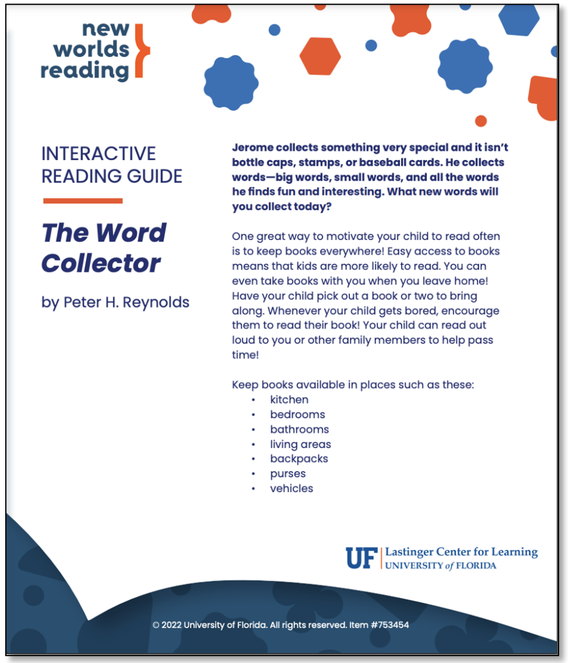
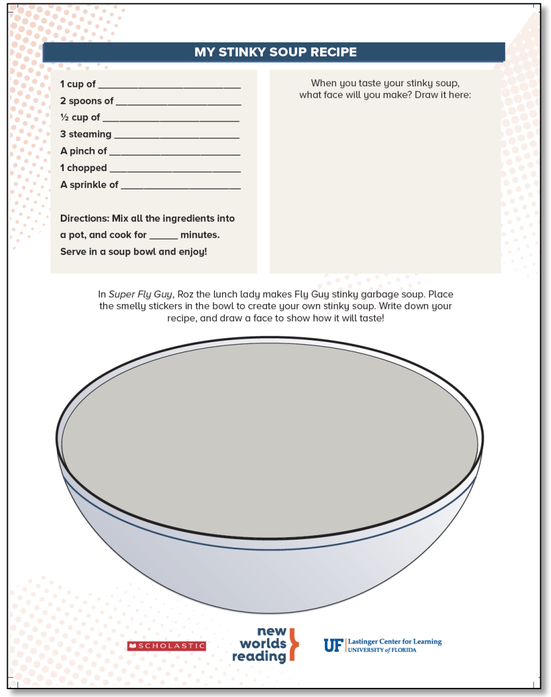
new worlds reading

Literacy Resources

- Book Lists
- Interactive Reading Guides (IRGs)
- Videos







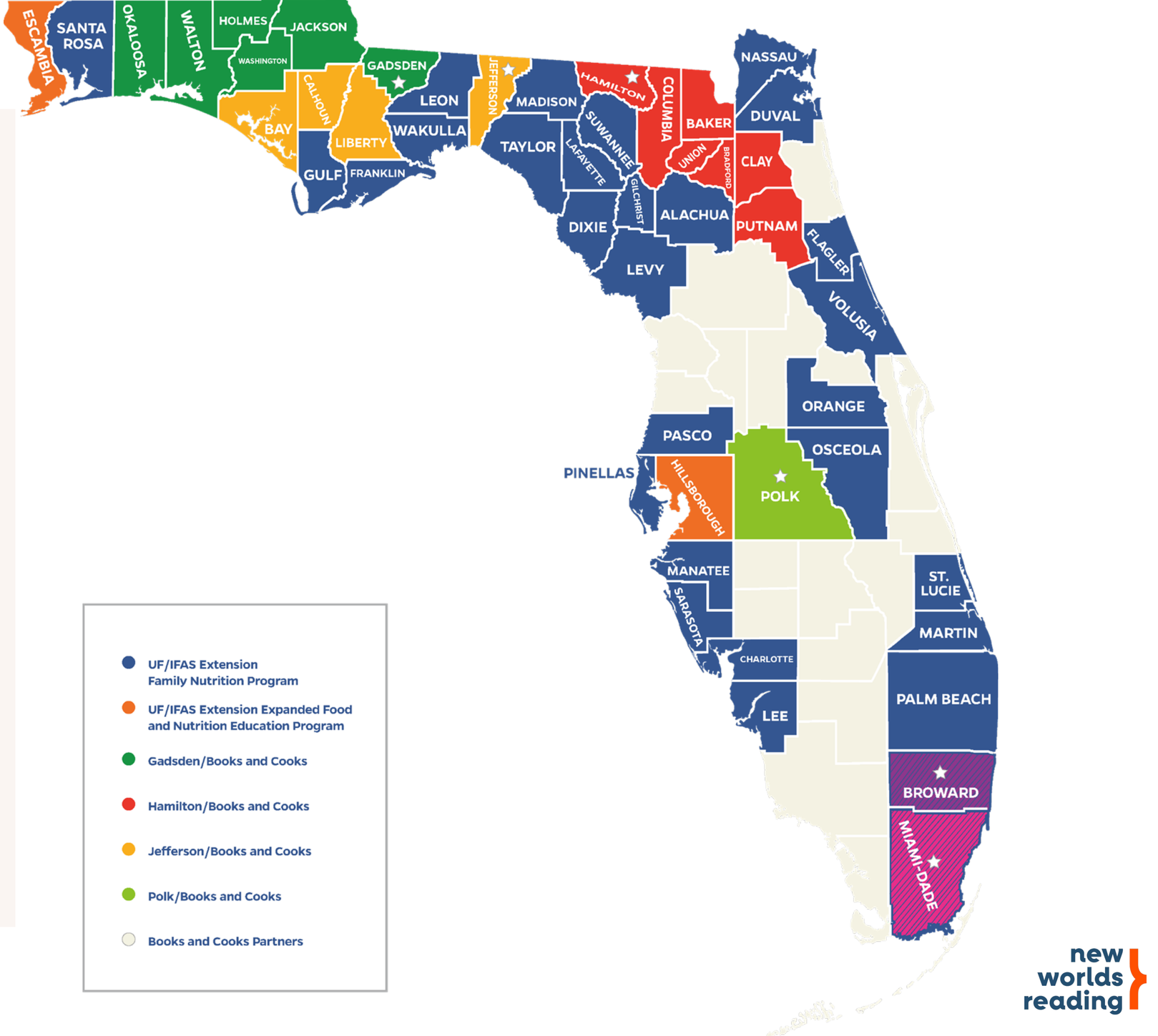
BOOKS AND COOKS Goal and Objectives

Improve the literacy and **nutrition security** status of families from Florida communities with low income.

Objective 1:	Recruit and enroll eligible families into the New Worlds Reading Initiative statewide.
Objective 2:	Develop local partnerships through county-level steering committees to guide New Worlds Reading recruitment and educational delivery.
Objective 3:	Deliver the Books and Cooks educational curriculum to increase family literacy capacities and improve nutrition security status.
Objective 4:	Optimize program quality and assess the achievement of outcomes through formative and summative evaluation of the Books and Cooks Program.

Objective 1:

Recruit and enroll eligible families into the New Worlds Reading Initiative statewide.

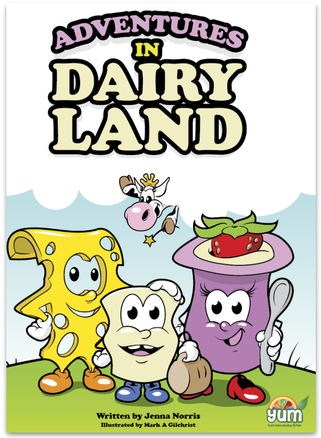


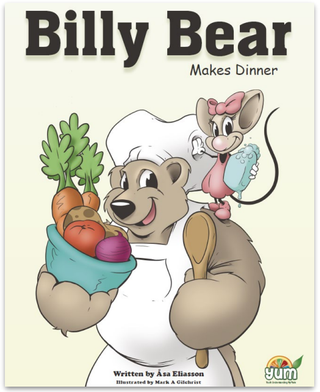
Objective 2:

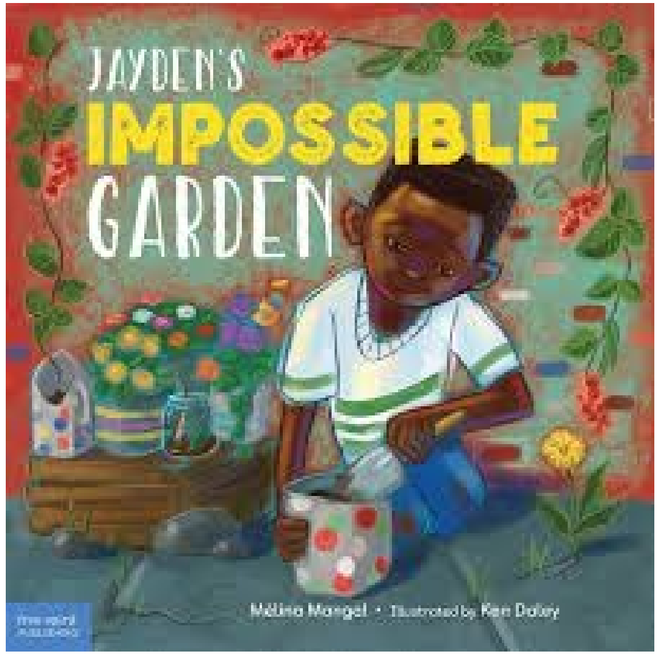
Develop local partnerships through county-level steering committees and networks to guide New Worlds Reading recruitment and delivery of the Books and Cooks program in 6 targeted counties.

Objective 3:

Deliver the **Books and Cooks** educational curriculum to increase family literacy capacities and improve nutrition security status.







- Educational sessions for parent-child pairs
- Focus on parent skills
- Literacy and nutrition education
- Dinner, child care, and social time
- Meal kits for families
- 6 free books per child

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Objective 4:

Optimize program quality and assess the achievement of outcomes through formative and summative evaluation of the Books and Cooks program.

Thank You!