



# Mother Hubbard's Cupboard Nutrition Program Orientation 2009

**Background:** At MHC we truly believe that a healthy diet is the key to overall health; our Nutrition Education program equips our patrons with the knowledge they need to make positive, healthy food and lifestyle choices for themselves. People who are able to independently make positive dietary choices will ultimately be healthier and more self-sufficient, as they will have less need for medical help and medicines.

**The mission** of MHC's Nutrition Education program is to:

- Increase awareness and understanding of how diet and nutrition affects health, mood and general well-being
- Increase awareness and understanding of where food comes from and how it gets to the grocery shelves
- Encourage the use of whole, living foods to provide needed vitamins, minerals, enzymes, and isolated nutrients
- Demonstrate that the ways in which foods are grown and prepared can affect the quality.
- Demonstrate that healthy eating can be delicious and appealing.

**Volunteer Opportunities** with MHC's Nutrition Program:

<b>On-Site Consultations</b>	Offer up your health and/or nutrition expertise to the patrons of the MHC food pantry! Set up a table and distribute information or even allow clients to meet with you for 3-5 minute sessions.
<b>Sample Tables</b>	Check out the stock at the pantry and help find or create a recipe highlighting a nutritious dish! This is especially helpful with nutritious foods our clients are unsure how to prepare. (eg. Tofu, kale)
<b>In-Pantry Signage</b>	The pantry is a great place to get the word out about health and nutrition. Colorful signage not only spices up the space at the pantry, but gives our clients access to education that has potential to help them make healthy choices.
<b>Teaching Classes</b>	Bring your knowledge to a class full of MHC clients, volunteers and community members about how to eat healthfully or cook with whole foods! Some popular classes include Bread Baking and Canning.
<b>Pantry Nutrition Survey Volunteer</b>	MHC has an annual nutrition survey to check in with our clients about how we are doing with our nutrition program. We need you to help distribute the survey as well as enter the data and use it to improve our programming.
<b>Nutrition Brochures</b>	Clients of the pantry often have questions about a variety of health and nutrition related topics. One of our goals is to have brochures with information and resources on basic health and nutrition topics. Help us create these brochures to display and have on hand in the pantry.
<b>On-site Nutrition/Recipe Volunteers</b>	Help keep the pantry recipe folders full of healthy tasty recipes using foods available at the pantry. Free recipes help create conversation and promote the use of healthy foods from the pantry.
<b>Virtual Cookbook/Recipe Creation</b>	MHC has a large and growing file of healthy recipes created or compiled by MHC volunteers and staff. Add to the selections and help us figure out how to offer up our recipes online!