



Healthy Eating and Active Living- HEAL Team News



Updates within the Women, Infant, Children (WIC) Program

We have some exciting updates for WIC. WIC is no longer using paper checks and has upgraded to an EBT system to better serve our participants! We hope this makes grocery shopping easier and more convenient.

We are closing out WIC Farmers Market season, which ends October 31st. We have seen an increase in the number of people using their WIC Farmers Market checks the past couple years and hope to see this continue to increase. We are very excited about the addition of Woodford County WIC to the Farmers Market program!

Additionally, in response to COVID-19, USDA has waived the physical presence requirement for WIC visits. This allows us to do some of our WIC services over the phone! Please remind those who may qualify, to call their local WIC office for more information and to get signed up for WIC.

- Michelle Compton, PCCHD

HEAL Food System Partners (HEAL FSP)

We are working to address the third objective of the HEAL TEAM- Food Insecurity. HEAL FSP objective is to develop a community-based model of integration leveraging the strengths of numerous existing food system programs whose primary mission is to improve the emergency food system by increasing healthy food access, advancing community education and creating agricultural and community development opportunities using existing services and programs.

The Heal Food System Partners is comprised of over 15 community agencies and organizations. Goals, objectives, and strategies have been set based on each organizations assets and work to align resources, improve the sustainability of key projects and create a collaborative processes /planning required to reduce food insecurity among our most vulnerable.

Over the last year, this collaborative has been utilizing principles of an integrative care model, the CCIM or Community Collaborative Integration Model to advance the cooperation between food system partners.

Aligned work has been one of the greatest strengths of this partnership with more benefit to come. Each of **HEAL FSP entities**, rated their perceived level of collaboration in each of the (9) CCIM Key Elements: Systems, Communication, Understanding of Roles, Goal Setting, Use of Evidence Based Practice, Organizational Leaders, Organizational Buy In, Funding and Resources.

Kim Keenan, PhD. Created this survey. The Survey has at its core the belief that if partners can improve their level of collaboration so will the system. In the first-year improvements occurred in all 9 Key Elements. Largest areas of improvements were in Systems, Goal Setting and commitment from Organizational Leadership. Areas of improvement were identified as Use of Evidenced based practices and sharing in resources.

-Amy Fox, TCHD

Live. Life. Healthy

Food Pantry Network—HOI

With a mission to support, connect, and provide resources to those working within the emergency food system, University of Illinois Extension Fulton-Mason-Peoria-Tazewell Unit SNAP-Education and the Tazewell County Health Department partnered to launch Food Pantry Network-HOI in March 2019. Since then, the network of food banks, food pantries, and local organizations has come together to focus efforts and to support one another as they work to alleviate hunger and build a healthier community.

Through the Food Pantry Network, systematic changes have helped pantries share resources and communicate with one another as well as both local food banks: Midwest Food Bank and Peoria Area Food Bank. The network works to cultivate a partnership by sharing information and further educating those working to combat food access in the community. Events have included a refrigerator raffle, fresh produce giveaway, guest speakers, and professional development. In addition, the group has established online networking platforms and bi-monthly meetings to address educational topics, discuss current issues pantries are facing, and provide time for general networking.

Recently, Food Pantry Network—HOI has connected with Tazewell County All Our Kids Network (AOK) to become a new partner with a web-based, bi-directional referral communication tool called Integrated Referral and Intake System (IRIS). It provides a way to complete the referral process to families from a multitude of community services. By utilizing this new resource, Food Pantry Network—HOI hopes to reach more families in need.

Local food pantries or organizations interested in being a part of this network can join the conversations in the Facebook group and reach out to Rebecca Crumrine to receive email communications, racrumri@illinois.edu.

-Rebecca Crumrine, U of I Extension

Hunger and Health- Greenlight Project

Food plays a substantial role in health and impacts whether or not families are able to lead an active, healthy life. Communities with higher rates of food insecurity have been shown to have higher rates of diet related chronic diseases when compared to national rates. We hope to better understand this challenge and aim to increase the availability of healthy food to our feeding program partners across our community with the “Greenlight Project”.

The “Greenlight Project” aims to improve the awareness of healthier foods offered to community members within the emergency food system by applying a greenlight identification and labeling system in addition to nutrition education at food pantries, through the Food Pantry Network and at both Food Banks. The team aims to educate food pantry guests on the healthier food choices in hopes to make the healthy choice the easy choice. In addition to education, the team aims to help improve food pantry inventory by promoting and assisting with preferred food drives, healthy bundle boxes and fresh food drives.

If you are wanting to learn more about hosting a preferred food drive or increasing the healthy food inventory at the food pantries, please contact Kaitlyn Streitmatter at kaitlyns@illinois.edu

For more information, please visit
www.healthyhoi.org



Important Dates:

- 12/9/20 Food Pantry Network—HOI Meeting
- 12/10/20 PFHC HEAL Meeting
- 01/14/21 PFHC HEAL Meeting

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GO GREEN!

Dr. Amy Christison presents information about the Greenlight project to members of the Food Pantry Network-HOI during a network meeting.