



GARDNER-WEBB UNIVERSITY  
HUNT SCHOOL *of* NURSING

# DNP Project

## Thinking Inside the Food Pantry Box

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# Problem Recognition

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- Food insecurity (access to food)
  - Davidson County, NC - 14%
  - North Carolina - 14%
  - United States - 9%
- Association with Adult Obesity (over the age of 20)
  - Davidson County, NC - 36% of adults
  - North Carolina - 32% of adults
  - United States - 26% of adults
- Food Insecurity related to Adult Health
  - Hypertension/Heart Disease – 45%
  - Diabetes – 11%
  - Obesity – 11%





# Regular Box

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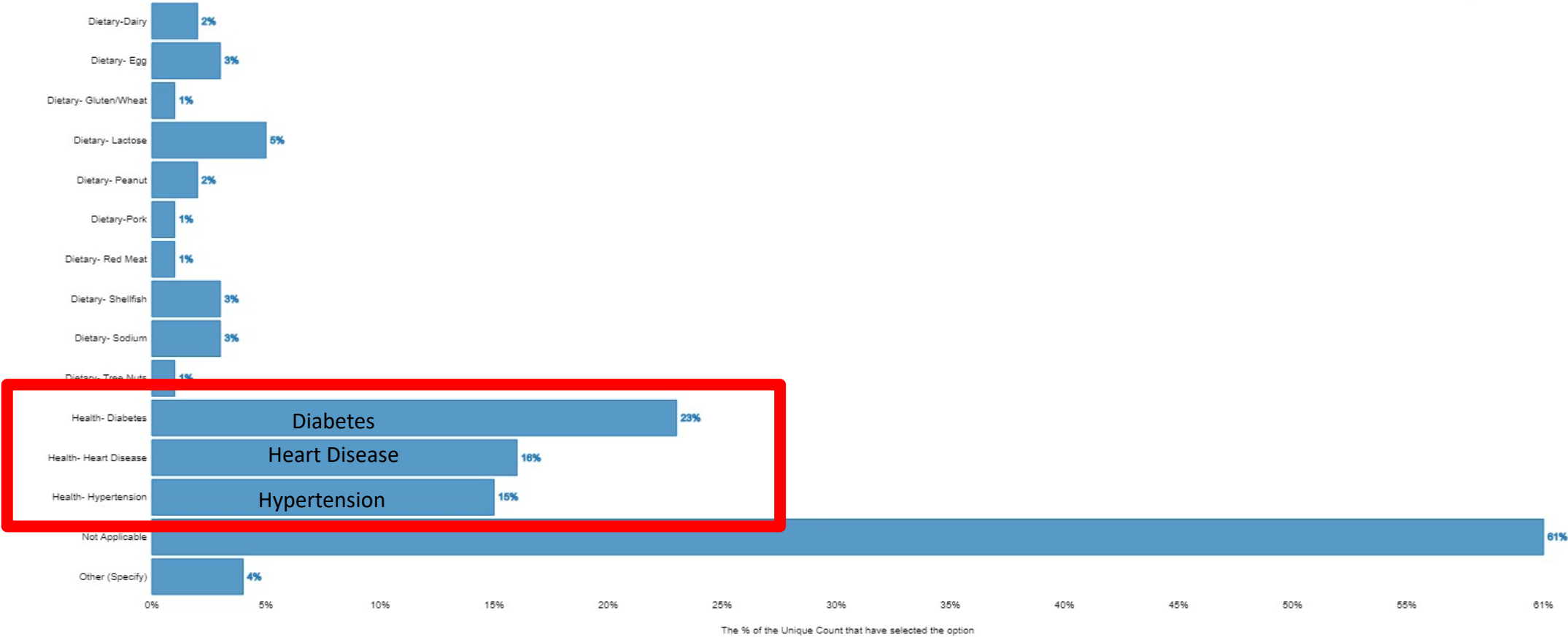






# Food Pantry - Dietary Considerations

● % of Unique Count



# Nutritional Guidelines

## High Blood Pressure

<10% sodium for grains, meats, canned items

Item	Sugar	Sugar Daily Value	Sodium	Sodium Daily Value	Carbs	Carbs Daily Value	Individual Serving	Total Servings
<b>Canned Veggies (qty: 3)</b>								
Canned sweet corn cream style	6g	6%	300mg	13%	15g	5%	1/2 cup	3.5
Canned whole kernel corn	5g	0%	200mg	9%	12g	4%	1/2 cup	3.5
Canned mixed veggies	3g	0%	210mg	9%	10g	4%	1/2 cup	3
Canned cut green beans	2g	0%	290mg	13%	4g	1%	1/2 cup	3.5
Canned cut green beans, no salt added	0g	0%	15mg	1%	3g	1%	1/2 cup	3.5
Canned pinto beans, low sodium	0g	0%	100mg	4%	30g	11%	1/2 cup	2
Canned pinto beans, no salt added	0g	0%	20mg	1%	20g	7%	1/2 cup	3.5
Canned pinto beans	0g	0%	450mg	19%	18g	6%	1/2 cup	3.5
Canned chili beans	1g	0%	500mg	22%	22g	8%	1/2 cup	3.5
Canned black beans, reduced sodium	0g	0%	210mg	9%	20g	7%	1/2 cup	3
Canned black beans, low sodium	0g	0%	75mg	3%	25g	9%	1/2 cup	2
Canned pork & beans	7g	12%	390mg	17%	23g	8%	1/2 cup	3.5
Canned blackeye peas	0g	0%	490mg	21%	18g	7%	1/2 cup	3.5
Canned garbanzo beans / chick peas	1g	0%	310mg	13%	16g	6%	1/2 cup	3.5
Canned lima beans	1g	0%	330mg	14%	19g	7%	1/2 cup	3.5
Canned kidney beans	4g	6%	450mg	20%	24g	8%	1/2 cup	3.5
Canned collard greens	0g	0%	15mg	1%	4g	1%	1/2 cup	3.5
Canned sweet peas	5g	2%	300mg	13%	11g	4%	1/2 cup	3.5
<b>Tomato Sauce (qty: 1)</b>								
Pasta sauce, traditional, canned	6g	4%	550mg	24%	9g	3%	1/2 cup	5
Pasta sauce, traditional, canned, low sodium	6g	7%	140mg	6%	9g	3%	1/2 cup	3
<b>Canned Soup (qty: 2)</b>								
Chicken noodle soup	0g	0%	890mg	39%	8g	3%	1/2 cup	2.5
Chicken noodle soup, 25% less sodium	0g	0%	660mg	29%	9g	3%	1/2 cup	2.5
Homestyle chicken noodle soup	1g	0%	940mg	41%	8g	3%	1/2 cup	2.5
Homestyle chicken noodle soup, healthy request	1g	0%	410mg	17%	10g	3%	1/2 cup	2.5
Tomato condensed soup	12g	14%	480mg	21%	20g	7%	1/2 cup	2.5
Cream of celery soup	1g	0%	850mg	37%	8g	3%	1/2 cup	2.5
Cream of potato soup	2g	0%	750mg	33%	16g	6%	1/2 cup	2.5
Cream of mushroom soup	0g	0%	870mg	38%	10g	4%	1/2 cup	2.5
Cream of broccoli soup	3g	4%	790mg	33%	9g	3%	1/2 cup	2.5
Cream of chicken soup	0g	0%	870mg	38%	10g	3%	1/2 cup	2.5
Old fashioned vegetable soup	2g	0%	890mg	39%	15g	5%	1/2 cup	2.5

# Nutritional Guidelines

## Diabetic

<10% added sugar for grains, canned items

Item	Sugar	Sugar Daily Value	Sodium	Sodium Daily Value	Carbs	Carbs Daily Value	Individual Serving	Total Servings
<b>Cereal / Oatmeal (qty: 1)</b>								
Cereal (Honey Nut Tasteos)	12g	23%	190mg	8%	30g	11%	1 cup	9
Cereal (Golden Grahams)	12g	24%	300mg	13%	34g	12%	1 cup	8
Cereal (Trix)	12g	24%	180mg	8%	33g	12%	1 1/4 cup	8
Cereal (Frosted Flakes)	14g	29%	200mg	9%	34g	12%	1 cup	17
Cereal (Cocoa Puffs)	12g	24%	130mg	6%	31g	11%	1 cup	8
Cereal (Rice Krispies)	4g	8%	200mg	9%	36g	13%	1 1/2 cup	8
Cereal (Reese's Puffs)	12g	24%	220mg	9%	30g	11%	1 cup	8
Cereal (Life Cinnamon)	10g	19%	200mg	9%	33g	12%	1 cup	9
Cereal (Cinammon Toast Crunch)	12g	24%	230mg	10%	33g	12%	1 cup	8
Cereal (Corn Flakes)	4g	8%	300mg	13%	36g	13%	1 1/2 cup	8
Cereal (Shredded Wheat)	0g	0%	0mg	0%	50g	18%	1 1/4 cup	8
<b>Potato (qty: 1)</b>								
Mashed potato flakes, prepared	2g	0%	230mg	10%	18g	7%	1/2 cup	20
<b>Toliet Paper (qty: 1)</b>								
n/a								
<b>Cracker (qty: 1)</b>								
Saltine crackers	0g	0%	135mg	6%	12g	4%	5 crackers	30
Crackers, Ritz	1g	2%	130mg	6%	10g	4%	5 crackers	24
<b>Rice (qty: 1)</b>								
Rice, enriched	0g	0%	0mg	0%	36g	12%	1/4 cup	20
Rice, long grain brown rice	0g	0%	0mg	0%	32g	12%	1/4 cup	10
<b>Spaghetti / Pasta (qty: 1)</b>								
Noodles	0g	0%	0mg	0%	40g	15%	2oz	8
<b>Mac &amp; Cheese (qty: 2)</b>								
Macaroni & Cheese, prepared	5g	0%	800mg	35%	48g	18%	1 cup	4
<b>Jelly (qty: 1)</b>								
Jelly, concord grape	9g	16%	5mg	0%	13g	5%	1 tbsp	42
<b>Peanut Butter (qty: 1)</b>								
Peanut Butter	3g	4%	125mg	6%	7g	3%	2 tbsp	14
<b>Sugar (qty: 1)</b>								
Sugar (4lb bag)	8g	16%	0mg	0%	8g	3%	2 tsp	227



# Diabetic Box



No: Pork & Beans



No: Canned, Tomato Soup



# High Blood Pressure Box



Gardner-Webb University  
Pre-Questionnaire

1. Which food box would you like today?

Regular Box



Diabetic Box



High Blood Pressure Box



# Implementing ...

- IRB approved – Jan 27<sup>th</sup>
- Data collection began – Feb 3<sup>rd</sup> (for 60 days) with a pre-questionnaire
- Post-survey

# Current data state (30 of 60 days)

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## Data

- ✓ 23 clients surveyed
- ✓ All have said they know how to cook/prepare
- ✓ 17 selected “cost” as the reason for difficulty obtaining healthy food
- ✓ 12 have chosen a specialty box
- ✓ 11 should “lose weight”
- ✓ 16 have hypertension (11 of these eat a low sodium diet)
- ✓ 11 have diabetes (7 of these eat a low sugar diet)

## Lessons Learned / Challenges

- Not all food pantry volunteers want to change processes
- Obtaining specialty box components relies on donations and shoppers
- Not all those with health issues want to eat healthy
- Credibility of client answers due to perceived “correct” answers
- The opportunity for education seems abundant!
- Food pantries need partnerships with healthcare professionals



# What they are saying ....

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*I don't add salt to my food.*

*I don't like the taste of low sugar options.*

*I've never thought about rinsing canned veggies before eating.*



It takes a village (pantry) ...  
to provide healthy food  
security to a community

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# What do you donate to a food drive?

Feed hunger with health!

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