

MOTHeRS Project

Orientation to Screening and Treating Patients for Food Insecurity in the Outer Banks

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For The MOTHeRS Project

Brody School of Medicine at East Carolina University

September 2022



In this module you will

Learn:

- ▶ Why the MOTHeRS Project is distributing emergency food bags to pregnant women at high risk of food insecurity
The emergency food bag contents and rationale
- ▶ **How to screen for food insecurity** in the clinical setting, using two validated questions
- ▶ **How to briefly counsel** a woman who screens positive for food insecurity
- ▶ **How the process of getting food** from the Medical Food Pantry to eligible women will work
- ▶ **How to counsel** the food bag recipient, using MOTHeRS Project handouts



What is the Medical Food Pantry (MFP)

at ECU Health Medical Center (ECUHMC)

- ▶ A partnership of the Food Bank of Central and Eastern NC, the Brody School of Medicine, ECU Physicians and Vidant Health.
- ▶ Eastern AHEC is the training partner.



- An **emergency source of healthy foods** for patients of ECU Health and the MOTHeRS Project, which opened in 2018
- It addresses the immediate needs of patients with food insecurity by providing them with health-promoting foods
- It links patients to follow-up food resources within their home community
- In 2021, the MFP is contracted to deliver emergency food bags to medical practices participating in the United Health Foundation's MOTHeRS Project
 - Each bag is tailored to meet the nutritional needs of pregnant women who are at high risk of food insecurity
- Eastern AHEC houses the training materials for the MFP

MOTHeRS Project

Orientation to Screening and
Counseling Your Patient for
Food Insecurity



- ▶ Why the MOTHeRS Project is distributing emergency food bags to pregnant women at high-risk of food insecurity

Medical Food Pantry **MOTHeRS Project**

▶ **Why?**

- The MOTHeRS Project uses a statewide telepsychiatry program to bring multidisciplinary care to rural primary care obstetric clinics
 - This collaborative care model makes the services of a nurse navigator, diabetes educator, behavioral health manager, primary obstetrician, Maternal Fetal Medicine specialist, and a psychiatrist consultant accessible to rural women
- ▶ **Treating food insecurity is important for optimal care**



Medical Food Pantry **MOTHeRS Project**

▶ **Why?**

- Good nutrition is critical during pregnancy to support both the mother's health and the healthy growth and development of her infant
- The foods a mother eats are her baby's primary source of nutrition, and it is important to ensure that she is equipped to make food choices which will support both her and her baby's health
- Women who are food insecure are at a higher risk of having eating patterns that lack nutrients which are essential for positive health outcomes
- Food insecurity among pregnant women may increase her risk of excess weight gain, gestational diabetes, depression and anxiety, and nutritional deficiencies which may lead to poor health outcomes
- Many women in eastern NC struggle with food insecurity, and the COVID-19 pandemic has further amplified these challenges

- ▶ **The MOTHeRS Project** aims to assist pregnant women who are food insecure through the provision of an emergency food bag, tailored to provide essential nutrients that support a healthy pregnancy, as well as supplemental handouts to empower them to make nutritious food decisions



MOTHeRS Project

Orientation to Screening and
Counseling Your Patient for
Food Insecurity

- ▶ Emergency food bag contents and rationale

Medical Food Pantry **MOTHeRS Project**

▶ **Emergency Food Bag Contents**

- Nutrients that are critically important during pregnancy are often under-consumed, especially when resources are limited
- WIC food packages provide supplemental foods that are designed to meet the special nutritional needs of low-income pregnant women
 - Hopefully, all eligible women are receiving WIC benefits
- The **MOTHeRS Emergency Food Bag** was designed to complement WIC Food Package V.
 - If consumed solely by the pregnant woman, it will meet target nutrient needs for 2 weeks on its own; and for 4 weeks if combined with WIC Food Package V
- Items in the bag are also appropriate for women with gestational diabetes or hypertension

Medical Food Pantry

MOTHeRS Project - Food Card

MOTHeRS' Food Bag

Food Category	Food Type	Special Instructions	Quantity
Meat - Seafood	Canned	Salmon (packed in water, with bones) Chunk <i>Light</i> tuna (packed in water)	2, each
Meat - Other	Canned	Chicken (packed in water)	2
Nuts/Nut Butters	Jar or Bag	Mixed nuts (<50% peanuts; low sodium preferred) Peanut butter (low sugar and low sodium preferred)	1, each
Cereals	Ready-to-Eat or Cooked	RTE cereal (low sugar, whole grain) Grits (individual packets or canister) Oatmeal (canister or plain/low sugar packets)	1, each
Grains	Dry	Quinoa Egg noodles (fortified)	1, each
Snacks	Dry	Whole Wheat Crackers (reduced sodium preferred) Pretzels, baked (low sodium, if available)	1, each
Non-starchy Vegetables	Canned	Leaf Spinach, asparagus, collard greens (unseasoned), tomatoes, mushrooms, green beans; (low sodium preferred in all types)	1, each OR 6, total
Starchy Vegetables	Canned or Dried	All types; Black beans, kidney beans, chickpeas, white beans, pinto beans, black eyed peas, etc.	2, canned 1, dried
Fruit	Dry or Individual cups	Raisins (seedless, black or golden) Mandarin orange cups (low sugar, or packed in water) Applesauce cups (unsweetened)	1, each
Dairy	Dry or Canned, evaporated	Evaporated milk (low-fat, with Vitamins A and D added) Dry milk (nonfat, with Vitamins A and D added) Carnation Breakfast Essentials, Light Start drink mix (sugar free)	2, canned 1, dry 1, breakfast mix

Developed by Kay Craven MPH, RDN, CDCES; Kathryn Kolasa PhD, RDN; Brittany Smith MS
ECU Physicians; December 2020



- A great deal of thought and planning went into developing the contents of the MOTHeRS Emergency Food Bag
- The Registered Dietitian Nutritionists from ECU Physicians and ECU Health agreed on the **amount and kinds of food** to include and approved by ECU obstetricians.
- This bag has been specifically designed to provide:
 - Nutrients that are critically important during pregnancy, but are often inadequate in the diets of pregnant women in the US
 - Foods which are both acceptable and accessible to women in rural, eastern NC
 - Foods that are shelf-stable, and can readily be incorporated into a meal or a snack

Medical Food Pantry

MOTHeRS Project – Foods Included

MOTHeRS' Food Bag

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ECU Physicians; December 2020



- The food bag will contain shelf-stable foods
 - Assure patients that these products are healthy and safe
- At times there may be a product obtained from food pantries that are past the 'best use by' date. This is NOT a safety date, but a quality date. These foods should be safe.
 - Instruct patients to avoid foods that have visible mold or an off-odor

Shelf Stable Foods	
Canned Goods	Shelf Life After Code Date
Beans	3 years
High Acid Foods Fruit, pickles, baked beans, tomatoes, etc	1-2 years
Low Acid Foods Gravy, soups, pasta, cream sauces, vegetables	2-3 years
Meat - Beef, chicken, pork, turkey	2-3 years
Beverages	
Coffee Grounds	2 years
Juice, bottle	9 months
Nutritional Aid Supplement (Boost, Ensure, etc.)	1 year
Carbonated Beverages (soda, seltzer)	3 months diet / 9 months regular
Water, flavored or non-flavored	Indefinite: store in a cool, dark place

Medical Food Pantry

MOTHeRS Project – Foods Included

MOTHeRS' Food Bag

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MOTHeRS Project
Maternal Outreach Through Telehealth for Rural Sites

Revised September
2022

- The bag will contain 30 items (**27 unique foods**), worth a value of about **\$83.00**.
- It will provide about **23,658 calories**
 - A typical pregnant woman needs around 2,000-2,400 calories per day
- Food items will be appropriate for all pregnant women, regardless of trimester or comorbidities (e.g. gestational diabetes, hypertension, excess or inadequate weight gain)
- Assumes the woman is taking a prenatal multiple vitamin mineral supplement that includes both iron and choline

Medical Food Pantry MOTHeRS Project

Target Nutrients

MOTHeRS' Food Bag			
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Developed by Kay Craven MPH, RDN, CDCES, Kathryn Kolasa PhD, RDN, Brittany Smith MS ECU Physicians, December 2020

Key nutrients that are important during pregnancy, but often consumed in inadequate amounts include:

- Protein
- Folate
- Vitamin D
- Calcium
- Iron
- Iodine
- Choline
- Omega 3s

The MOTHeRS Emergency Food Bag will provide:

Protein	1,193 g	Calcium	14,208 mg
Carbohydrate	3,460 g	Iron	464 mg
Fat	637 g	Iodine	991 mcg
Folate	14,337 mcg	Choline	4,184 mg
Vitamin D	179 mcg	Omega 3s	15,510 mg

Note: there is no RDA for Omega 3s, but pregnant women are thought to need 650 mg total per day

Medical Food Pantry

MOTHeRS Project:

Target Nutrients

► Why they are important

- **Protein**
 - Supports fetal growth, and the development of antibodies, hormones, and enzymes
- **Folate**
 - Especially important in the first few weeks of pregnancy to prevent neural tube defects
- **Vitamin D**
 - Supports optimal maternal bone maintenance and fetal bone development
 - Deficiencies have been associated with higher risks of pre-eclampsia and low birth weights
- **Calcium**
 - Supports optimal maternal bone maintenance and fetal bone development
 - Adequate intake may reduce the risk of pre-eclampsia, and pre-term delivery

Medical Food Pantry **MOTHeRS Project:** Target Nutrients

► Why they are important

- **Iron**
 - Needs nearly double during pregnancy to support maternal blood volume expansion, fetal brain development, and to prevent anemia
- **Iodine**
 - Supports maternal and fetal thyroid hormone production, and fetal brain development
 - Deficiencies are associated with intellectual impairments, birth defects, and stunted growth
- **Choline**
 - Supports fetal growth and the development of the brain and central nervous system
- **Omega 3 Fatty Acids**
 - Supports fetal brain, eye, and nervous system development

MOTHeRS Project

Orientation to Screening and
Counseling Your Patient for
Food Insecurity

- ▶ How to screen for food insecurity in the clinical setting using two validated questions
- ▶ What to do if she screens positive

Medical Food Pantry **MOTHeRS Project**

Protecting The Patient

- Screening for food insecurity has become more routine in doctor's offices. The two questions validated for medical clinic use have been embedded in many electronic health records.
- **Many circumstances** lead to a person or family being food insecure for a period of time. You cannot tell a person is food insecure just by looking at them.
- COVID 19 has created food insecurity for many people
- Food Insecurity is a **very sensitive topic**.
ALWAYS treat these patients with RESPECT



Medical Food Pantry MOTHeRS Project

Screening for Food Insecurity

Questions to Assess Food Insecurity

1. Within the past 12 months, we worried that our food would run out before we got money to buy more
Never Usually Sometimes
2. Within the past 12 months, the food we bought just didn't last and we didn't have money to get more
Never Usually Sometimes



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- The gold standard measurement is an 18 item USDA survey
- Researchers have found that an affirmative response to question 1 and/or question 2, asked in the clinical setting, is 97% sensitive and 83% specific for food insecurity
 - An affirmative answer is: *Usually or Sometimes*
- The questions need to be asked exactly as written on this screen
- The questions can be asked by anyone who has practiced asking the questions
- Ask the questions at every visit during the woman's pregnancy, as food insecurity can be chronic or cyclical
- With COVID-19 there are many who are food insecure for the first time
- Listen to Kay Craven ask these two questions

Medical Food Pantry

MOTHeRS Project

Screening for Food Insecurity

Questions to Assess Food Insecurity

1. Within the past 12 months, we worried that our food would run out before we got money to buy more
Never Usually Sometimes
2. Within the past 12 months, the food we bought just didn't last and we didn't have money to get more
Never Usually Sometimes

- You will determine how the two questions are best asked during the patient's visit with you
- Listen to Kay Craven incorporate these questions into her patient assessment. Kay is a Registered Dietitian Nutritionist (RDN) and Certified Diabetes Care and Education Specialist (CDCES)
 - Formerly known as a Certified Diabetes Educator (CDE)
- **If the answer is affirmative** to either or both of the questions, document the patient as food insecure following the procedure in your practice. The optimal documentation would be in the Electronic Health Record
- A patient can receive an emergency food bag if she tells you she is out of food and/or every time she screens as food insecure

Medical Food Pantry

MOTHeRS Project

If a woman screens positive for food insecurity:

- ▶ Ensure that they are taking advantage of available benefits (e.g. WIC, SNAP)
- ▶ Offer a local community resource list
- ▶ Offer an emergency food bag

- Inquire if the patient is enrolled in WIC, SNAP, or if her children are receiving free or reduced-priced breakfast or lunch. If not, offer appropriate assistance
- Provide the patient with your local Community Resource Handout. An initial handout for each community participating in the MOTHeRS Project is available on the EAHEC website
- If the patient accepts the offer of an emergency food bag, complete the voucher seen on slide 21 and counsel her on how to use the contents of the bag



Lessons learned

- As of June 2022 the MOTHeRS project has delivered 746 bags to the 3 participating practice locations
- As food prices rise, we see the number of deliveries increasing

Normalizing asking the food insecurity questions is key

Women seem to be influenced by who is attending the visit

Medical Food Pantry

MOTHeRS Project

Voucher and Follow-up Survey

Medical Food Pantry

ECU BRODY SCHOOL OF MEDICINE
MOTHeRS Project
Maternal Outreach Through Telehealth for Rural Sites

This Medical Food Pantry voucher from MOTHeRS' Project is for:

Name: _____ Date of Issue: _____
 MR Number: _____ HAR Number: _____
 Practice: _____
 Food Allergies: _____
 Type of Bag:
 MOTHeRS' Project

Provided by: _____
 Number in the Household: Adults: _____ Children: _____ County of Residence: _____

I agree to talk with someone by phone from the MOTHeRS' Project about my experience and satisfaction with the food bag.
 Best phone number where I can be reached: _____
 Best time of day to be reached: _____

I understand that not participating will not impact receiving food or care from this clinic

Signature of participant receiving bag: _____

I may be willing to participate in a research study titled "The MOTHeRS' Project" being conducted by Dr. Lauren Sastre at East Carolina University in the Department of Nutrition. The goal is to find out women's experience, use and satisfaction with the food and educational materials provided. If you agree to participate, we will not ask any personal information, only experience during brief 10-15-minute phone interview. All information you provide is confidential. Your participation is **voluntary, and you may choose not to answer questions and stop at any time. We will not be able to pay you for your participation. No penalty for not taking part.** Please call Lauren Sastre at 252-744-1005 with any questions. For more information, please contact the University & Medical Center Institutional Review Board (UMCIRB) at 252-744-1005 or visit www.ecu.edu/umc. Your participation in this study does not constitute an offer of medical services or rights as a research participant.

ECU BRODY SCHOOL OF MEDICINE
MOTHeRS Project
Maternal Outreach Through Telehealth for Rural Sites

REQUIRED INFORMATION TO FILL IN:

- Fill in the name, date, MR and/or HAR numbers, and name of the practice
- Document any food allergies
- Fill in the name of the person who provided the bag
- List the number of adults and children in the household
- List the county of residence
- The patient's signature, that they received the bag

OPTIONAL: (But we hope the women will participate)

- Request that the patient please provide a phone number where they can be reached to participate in an evaluation of the program and the best time to call
- The patient does not have to participate in the evaluation to receive the food bag, handouts or other services of the practice

Medical Food Pantry MOTHeRS Project – Food Bag

Points to review with the patient: (Say)

- We can offer you an emergency food bag
- It contains healthy, shelf-stable foods that are good sources of nutrients that are important for both you and your baby
- If you combine this food bag with WIC benefits, it should meet your nutrient needs and last for about 4 weeks
- Remem to continue taking a daily prenatal multivitamin/mineral supplement that includes both iron and choline. If you are not taking one, please ask your physician about it today.
- Also included in a food bag are handouts that will show you how to use the foods in the bag and will provide information to help you make food decisions that will best support the health of you and your baby.
- Would you like a MOTHeRS food bag today?

Canned Salmon and Light Tuna:
 ▶ Please purchase canned Chunk Light Tuna. Fresh albacore and white tuna are unsafe.
 ▶ Tuna and Salmon are high in protein.
 ▶ Use them in sandwiches, salads, etc.
 ▶ Try using canned tuna, salmon or light tuna in casseroles.

Recipes to try:
Tuna Casserole: (Adjust the recipe to your taste)
 Ingredients:
 • Cooking spray
 • 2 1/2 cup egg noodles
 • 1 1/2 cups of light tuna
 • 1 can, sliced mushrooms, no salt added
 • 2 1/2 cups spinach or canned tomatoes
 • 1/4 cup garlic powder
 • 1/4 cup ketchup
 • 3 Tbsp. flour
 • 1 1/2 cup milk
 • 1 1/2 cup cheddar cheese
 • 1/2 cup cheddar cheese
 • 1/2 cup cheddar cheese
 • 1/2 cup cheddar cheese

10 Food Safety Tips TO KEEP MOM AND BABY SAFE
 During pregnancy a woman's immune system changes, putting them at greater risk of foodborne illness, which can cause serious health problems for both mom and baby.

MOTHeRS' Food Guide for Women with Gestational Diabetes
 Always follow your doctor's instructions. If you have high blood pressure, high blood sugar or other special medical conditions, ask for a visit with a dietitian.
 FATS (Limit amount of):
 2 tsp avocado
 1 tsp butter/margarine/mayo
 2 tsp reduced-fat dressing
 1 tsp cream cheese or salad dressing
 Better fat choices are canola or olive oil, or reduced-fat margarine.

MOTHeRS' Shopping Guide
 Foods to ask for to support both mom and baby's health

Grains & Starchy Vegetables
 Look for:
 "100% Whole Wheat" or "Whole wheat/grain"
 • Brown rice
 • Egg noodles
 • Whole grain cereal (< 10g sugar)
 • Cereals
 • Mixed vegetable
 • Collard greens
 • Spinach
 • Mushrooms
 • Okra
 • Pumpkin
 • Tomatoes
 • Tomato Sauce
 • Salsas
 • Broccoli
 • Brussels Sprouts
 • Squash

Vegetables
 Look for:
 "No salt added" or "Low sodium" or "Unseasoned"
 • Asparagus
 • Green beans
 • Carrots
 • Mixed vegetable
 • Collard greens
 • Spinach
 • Mushrooms
 • Okra
 • Pumpkin
 • Tomatoes
 • Tomato Sauce
 • Salsas
 • Broccoli
 • Brussels Sprouts
 • Squash

Shopping Tip
 Canned fruits and vegetables: NUTRITION: just look for that "low sodium" or "unseasoned" label.
 • Buy in bulk, what you freeze in smaller portions.

Estimating Portions
 1/2 c. Use to estimate grains, fruits and vegetables.
 1 c. Use to estimate fruits and vegetables.
 3 oz. Use to estimate lean protein.
 1 tsp. Use to estimate oil or butter.
 2 Tbsp. Use to estimate cheese or nut butter.
 1/2 c. Use to estimate servings of snacks.

MOTHeRS' Project Plate
 Choose daily from each group:
 WATER 8-12 c. Drink with sugar, caffeinated drinks, fruit juice, soft drinks.
 3 DAIRY with added Vitamin A/D/E. "low fat or non-fat". 1 c. milk, prepared.
 2 FRUIT "low fat or non-fat". 1 c. fresh, frozen, canned. 1/4 c. dry.
 7 GRAINS/STARCHY VEGGIES "whole grain" "low sugar" "low sodium". 1/2 c. cooked cereal, pasta, rice. 1/2 c. cooked starchy veggie. 1 c. ready-to-eat cereal.
 6 LEAN MEAT/PROTEIN 1/4 c. cooked beans. 1 Tbsp. nut butter or 1/2 oz. nuts. 1 egg. 1 Tbsp. tuna, packed in water. 1/4 c. non-fat cottage cheese.
 *Remember to take your prenatal vitamin/mineral daily.
 Help control portions - choose a 9" plate.
 **Always follow your doctor's instructions. If you have high blood pressure, high blood sugar or other special medical conditions, ask for a visit with a dietitian.
 ***If you have allergies, do not consume foods containing ingredients to which you are allergic.



MOTHeRS Project

Orientation to Screening and
Counseling Your Patient for
Food Insecurity

- ▶ How the process of getting food from the Medical Food Pantry to eligible women will work

Medical Food Pantry

Food Bank Policy

for Storage and Handling

- ▶ This policy is to be followed by each practice that receives emergency food bags



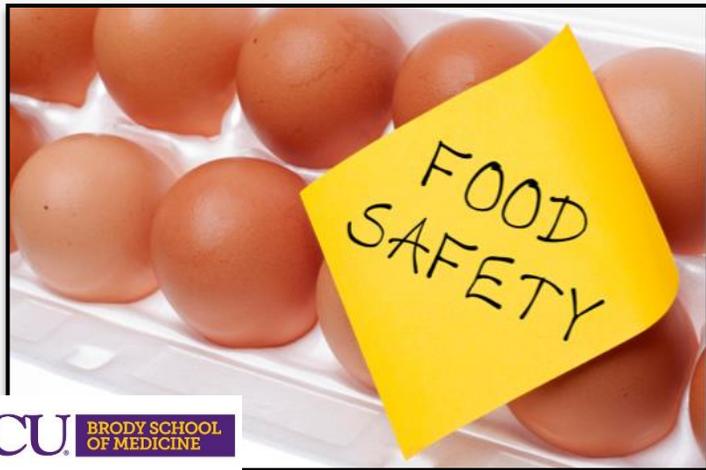
Identify a place where the food bags can be stored. Storage locations should:

- Be more than 6 inches off the floor and away from the walls
- Use metal or wooden shelves, cabinets or wooden pallets
- Be secured (locked)
- Be stored at temperatures near 70 degrees F (leads to longer shelf life)
- Have bags stocked using 'First in First Out'
- Products with dented cans or broken seals should be removed from the bag and returned to the courier

Medical Food Pantry **Food Bank Policy**

Food Safety Course

- ▶ At least **one** staff member is encouraged to complete the online course on food safety for Food Banks



- **Everyone** involved in handling food would benefit from completing a food safety course.
- If you choose to complete the NC State course:
 - **The link to the course** used by the MFP is: <https://foodsafety.ces.ncsu.edu/food-pantries-and-food-banks>
 - **The agency number** is: **AG3351**
 - **The link to the test** is: <https://www.classmarker.com/online-test/start/?quiz=y4q56b27a0de919e>.
 - If you score 70% or above, you will receive a certificate that is good for 2 years

Medical Food Pantry MOTHeRS Project

The Food Voucher

This Medical Food Pantry voucher from MOTHeRS' Project is for:

Name: _____ Date of Issue: _____
MR Number: _____ HAR Number: _____
Practice: _____
Food Allergies: _____
Type of Bag:
 MOTHeRS' Project
Provided by: _____
Number in the Household: Adults: ____ Children ____ County of Residence: ____
 I agree to talk with someone by phone from the MOTHeRS' Project about my experience and satisfaction with the food bag.
Best phone number where I can be reached: _____
Best time of day to be reached: _____
 I understand that not participating will not impact receiving food or care from this clinic
Signature of participant receiving bag: _____
 I may be willing to participate in a research study titled "The MOTHeRS' Project" being conducted by Dr. Lauren Sastre at East Carolina University in the Department of Nutrition. The goal is to find out women's experience, use and satisfaction with the food and educational materials provided. If you agree to participate, we will not ask any personal information, only about your experience during brief 10-15-minute phone interview. All information you provide will be kept confidential. Your participation is **voluntary**, and you may choose not to answer any time. We will not be able to pay you for your participation.
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tical Center Institutional Review Board (UMCIRB) at 252-
-th participant.]



SOME OF THESE DETAILS ARE SUBJECT TO CHANGE AS WE GAIN EXPERIENCE WITH THE PROJECT. Contact Dr. Saeed for the most current information.

- Each practice will receive a supply of 20 emergency food bags and voucher
- Email Rose Ann Simmons for details on how to order bags:
 - rsimmons@vidanthealth.com
- The MFP will pack and deliver emergency food bags to the practice on a regular schedule
- The practice must store the bags per the instructions on Slide 25.
- The MFP will call the practice and find out how many bags they need for the next delivery, and the practice will give the MFP courier the vouchers for bags already distributed
- The practice will fill out a voucher as they give the patient a bag
- The vouchers will go to the MFP for their records and will be used to coordinate follow-up calls with recipients by individuals trained to ask a brief survey

Medical Food Pantry **MOTHeRS Project**

Voucher and Follow-up Survey

Medical Food Pantry



This Medical Food Pantry voucher from **MOTHeRS' Project** is for:

- I am willing to be contacted about participating in a research study titled "The **MOTHeRS' Project**" being conducted by Dr. Lauren **Sastre**, at East Carolina University in the Department of Nutrition. The goal is to find out women's experience, use and satisfaction with the food and educational materials provided. If you agree to participate, we will not ask any personal information, only about your experience during brief 10-15-minute phone interview. All information you provide will be kept confidential. Your participation is **voluntary**, and you may choose not to answer any or all questions and stop at any time. We will not be able to pay you for your participation. There is **no penalty for not taking part**. Please call Lauren **Sastre** at 252-744-1005 with any questions or the University & Medical Center Institutional Review Board (UMCIRB) at 252-744-2914 your rights as a research participant.*



- The follow-up survey has received IRB or Institutional Review Approval from East Carolina University
- The italicized information is a preliminary consent to participate in the survey research
- Unless the person helping the patient with the voucher has completed IRB training, they cannot assist with the consent
- They can ask the patient to read it and then to check the two boxes if they are willing to talk further about the survey
- If the patient has any questions, they ask them to call Dr. Lauren Sastre at 252-744-1005 and she will explain it to her.

MOTHeRS Project

Orientation to Screening and Counseling Your Patient for Food Insecurity

- ▶ How to counsel women, using MOTHeRS Project handouts to discuss:
 - The contents of the emergency food bag
 - Obtaining additional healthy foods from other community resources or stores
 - Food safety

Medical Food Pantry **MOTHeRS Project**

Greeting the Patient and Contents of the Food Bag

Say to the Patient:

- *We are giving you a bag of healthy food that is special for a pregnant woman and her developing infant*
- *The foods in the bag will last a few days until you can link up with resources in your community, or with family or friends*
- *I would like to go over some handouts that will help you use these foods, **is that ok?***
 - If the patient says she does not have time, just make sure the voucher is filled out, hand her the appropriate bag, and ask her to read the material when she gets home

Handout #1 – Frontside

MOTHeRS Project - Plate

This plate is a reminder:

- Of the daily nutrition recommendations for women who are pregnant
 - Nutrition is critical to support the healthy development of their infant
 - Getting enough of some nutrients can help keep feelings of sadness or depression away
- To take in plenty of fluids, but not sugar sweetened drinks
- To take a daily prenatal vitamin and mineral supplement as directed
- To eat the appropriate amounts of food
- To not eat any foods in the bag if she is allergic to it.

Estimating Portions

- 1/2 c. Use to estimate grains, fruits and vegetables
- 1 c. Use to estimate fruits and vegetables
- 3 oz. Use to estimate lean protein
- 1 tsp. Use to estimate oil or butter
- 2 Tbsp. Use to estimate cheese or nut butter
- 1/2 c. Use to estimate servings of snacks

MOTHeRS' Project Plate

Choose **daily** from each group:

6+

NON-STARCHY VEGGIES

"low-sodium," "no salt added," or "unseasoned"

1/2 c. cooked or canned

1 c. raw or frozen

6oz

LEAN MEAT/ PROTEIN

1 oz lean meat/fish

1/4 c. cooked beans

1 T nut butter or 1/2 oz nuts

Choose 8-12 oz of fish each week

3

DAIRY

"with added Vitamins A&D"

"low-fat or non-fat"

1 c. milk, prepared

7

GRAINS/ STARCHY VEGGIES

"whole grain;" "low sugar;" "low sodium"

1/2 c. cooked cereal, pasta, rice

1/2 c. cooked starchy veggies

1 c. ready-to-eat cereal

2

FRUIT

"packed in juice"

1 c. fresh, frozen, canned

1/4 c. dry

WATER 8-12 c.

Drinks with sugar
Caffeinated drinks
Fruit juice
Gatorade
Soda

Artificial sweeteners are generally considered safe during pregnancy, with the possible exception of saccharin and aspartame. Consult your physician for more information on whether these are safe for you.

Prenatal Vitamin

**Remember to take your prenatal vitamin/mineral daily

1" 9" Help control portions - choose a 9" plate

**Always follow your doctor's instructions. If you have high blood pressure, high blood

**If you have allergies, do not consume foods containing ingredients to which you are allergic

Handout #1 – Backside

MOTHeRS Project - Shopping Guide



MOTHeRS' Shopping Guide

Foods to ask for to support both **mom** and **baby's** health



Grains & Starchy Vegetables

Look for:
"100% Whole Wheat" or "Whole wheat/grain"

- Brown rice
- Egg noodles
- Whole grain cereal (< 10g sugar)
- Whole wheat noodles
- Whole wheat tortillas
- Whole wheat bread
- Corn tortillas
- Grits
- Oatmeal (low sugar)
- Whole grain crackers
- Corn bread
- Mac & Cheese (low fat)
- Popcorn

Starchy Vegetables
Canned, frozen or fresh

- Corn
- Lima beans
- Mashed potato flakes
- Sweet potatoes
- Sweet green peas
- Beans, all types

Vegetables
Canned, frozen or fresh

Look for:
"No salt added" or "Low Sodium" or "Unseasoned"

- Asparagus
- Green beans
- Carrots
- Mixed vegetables
- Collard greens
- Spinach
- Mushrooms
- Okra
- Pumpkin
- Tomatoes
- Tomato Sauce
- Salsa
- Broccoli
- Brussel Sprouts
- Squash

Protein
Canned, frozen or fresh

Look for:
"Packed in water" or "No added sugar" or "Low sodium"

- Lean Poultry
- Salmon
- Canned Chunk **Light** Tuna
- Sardines, in water
- Lean red meat
- Eggs
- Peanut Butter
- Nuts and Seeds

Starchy Protein
Canned, or dried

Look for: "Low Sodium"

- Beans, all types
- Lentils
- Baked beans
- Hummus/Chickpeas

Fruits
Canned, frozen or fresh

Look for:
"Packed in juice" or "No sugar added" or "Unsweetened"

- Applesauce
- Mandarin oranges
- Peaches
- Pears
- Pineapple
- Mixed fruit
- Mango
- Fruit cups
- Raisins, cranberries, or prunes
- Any fresh fruit

Dairy
Canned, liquid, or dried

Look for:
"Low/Non-fat" or "Sugar-Free"

- Skim, 1%, or 2%, evaporated milk
- Nonfat, instant dry milk powder
- Yogurt, low fat and low sugar
- Cottage cheese, skim
- Sugar-free pudding or pudding mixes

Shopping Tips:

- ▶ Canned fruits and vegetables are **NUTRITIOUS**- just look for items that are "low sodium," "low sugar," or "unseasoned"
- ▶ Drain and rinse canned vegetables to remove half of the sodium
- ▶ Buy in bulk whats on sale and freeze in smaller portions for later

Limit these foods:

- ✖ Caffeinated beverages
- ✖ Sugar-sweetened drinks
- ✖ Candy and chocolates
- ✖ Sweet breads/doughnuts
- ✖ Sugary cereals or bars
- ✖ Chips and fried snacks

Say NO to these foods:
May NOT be safe for mom or baby

- ✖ Fish high in mercury:
Fresh Albacore/White Tuna, Large-Mouth Bass, Wild Catfish, White/Yellow Perch, Crappie, Carp, Grouper, Mackerel, Marlin, Tilefish, Swordfish, Shark, Orange Roughy, Jackfish, Ladyfish, Cobia, Rudderfish, Blackfish
- ✖ Soft cheeses:
Queso fresco, Queso blanco, panela, brie, feta
- ✖ Sushi and smoked seafood from deli section
- ✖ Deli meats, hotdogs, and premeat or seafood salads
- ✖ Unpasteurized milks, cheeses, juices, or ciders
- ✖ Alcohol




Points to review with the patient: (Say)

• *Your emergency MOTHeRS food bag is filled with nutritious, shelf-stable and safe foods which are high in nutrients that are important for the healthy development of your infant*

• *Because of this, it is important that you eat these foods yourself, and not share them with others.*

➔ **Show the patient the handout**

• *This side of the handout shows the foods that you can ask for at other pantries or from family and friends that are helping you out. Use this as a guide when you shop for food.*

• *It also shows the foods you should limit and some you should just say NO to while pregnant*

Handout #1 – Backside

MOTHeRS Project - Shopping Guide



MOTHeRS' Shopping Guide

Foods to ask for to support both **mom** and **baby's** health



Grains & Starchy Vegetables

Look for:
"100% Whole Wheat" or "Whole wheat/grain"

- Brown rice
- Egg noodles
- Whole grain cereal (< 10g sugar)
- Whole wheat noodles
- Whole wheat tortillas
- Whole wheat bread
- Corn tortillas
- Grits
- Oatmeal (low sugar)
- Whole grain crackers
- Corn bread
- Mac & Cheese (low fat)
- Popcorn

Starchy Vegetables
Canned, frozen or fresh

- Corn
- Lima beans
- Mashed potato flakes
- Sweet potatoes
- Sweet green peas
- Beans, all types

Vegetables
Canned, frozen or fresh

Look for:
"No salt added" or "Low Sodium" or "Unseasoned"

- Asparagus
- Green beans
- Carrots
- Mixed vegetables
- Collard greens
- Spinach
- Mushrooms
- Okra
- Pumpkin
- Tomatoes
- Tomato Sauce
- Salsa
- Broccoli
- Brussel Sprouts
- Squash

Protein
Canned, frozen or fresh

Look for:
"Packed in water" or "No added sugar" or "Low sodium"

- Lean Poultry
- Salmon
- Canned Chunk **Light** Tuna
- Sardines, in water
- Lean red meat
- Eggs
- Peanut Butter
- Nuts and Seeds

Starchy Protein
Canned, or dried

Look for: "Low Sodium"

- Beans, all types
- Lentils
- Baked beans
- Hummus/Chickpeas

Fruits
Canned, frozen or fresh

Look for:
"Packed in juice" or "No sugar added" or "Unsweetened"

- Applesauce
- Mandarin oranges
- Peaches
- Pears
- Pineapple
- Mixed fruit
- Mango
- Fruit cups
- Raisins, cranberries, or prunes
- Any fresh fruit

Dairy
Canned, liquid, or dried

Look for:
"Low/Non-fat" or "Sugar-Free"

- Skim, 1%, or 2%, evaporated milk
- Nonfat, instant dry milk powder
- Yogurt, low fat and low sugar
- Cottage cheese, skim
- Sugar-free pudding or pudding mixes

Shopping Tips: 

- ▶ Canned fruits and vegetables are **NUTRITIOUS**- just look for items that are "low sodium," "low sugar," or "unseasoned"
- ▶ Drain and rinse canned vegetables to remove half of the sodium
- ▶ Buy in bulk whats on sale and freeze in smaller portions for later

Limit these foods: 

- ✖ Caffeinated beverages
- ✖ Sugar-sweetened drinks
- ✖ Candy and chocolates
- ✖ Sweet breads/doughnuts
- ✖ Sugary cereals or bars
- ✖ Chips and fried snacks

Say NO to these foods: 

May NOT be safe for mom or baby

- ✖ Fish high in mercury:
Fresh Albacore/White Tuna, Large-Mouth Bass, Wild Catfish, White/Yellow Perch, Crappie, Carp, Grouper, Mackerel, Marlin, Tilefish, Swordfish, Shark, Orange Roughy, Jackfish, Ladyfish, Cobia, Rudderfish, Blackfish
- ✖ Soft cheeses:
Queso fresco, Queso blanco, panela, brie, feta
- ✖ Sushi and smoked seafood from deli section
- ✖ Deli meats, hotdogs, and premade meat or seafood salads
- ✖ Unpasteurized milks, cheeses, juices, or ciders
- ✖ Alcohol




Points to review with the patient: (Say)

- *When you do get more food try to get the foods listed on this side of the handout*
- *Foods listed under each category are nutritious options that support the growth, development, and health of you and your baby*
- *Try to collect a variety of foods from within each food category listed*
- *Avoid foods in the 'NO' section, as these may NOT be safe for you or your baby*

Handout #1 - Backside

MOTHeRS Project - Shopping Guide



Say NO to these foods:
May NOT be safe for mom or baby



- Fish high in mercury:
Fresh Albacore/White Tuna, Large-Mouth Bass, Wild Catfish, White/Yellow Perch, Crappie, Carp, Grouper, Mackerel, Marlin, Tilefish, Swordfish, Shark, Orange Roughy, Jackfish, Ladyfish, Cobia, Rudderfish, Blackfish
- Soft cheeses:
Queso fresco, Queso blanco, panela, brie, feta
- Deli meats, hotdogs, and premade meat or seafood salads
- Sushi and smoked seafood from deli section
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- Alcohol

Shopping Tips:

- ▶ Canned fruits and vegetables are **NUTRITIOUS**- just look for items that are "low sodium," "low sugar," or "unseasoned"
- ▶ Drain and rinse canned vegetables to remove half of the sodium
- ▶ Buy in bulk whats on sale and freeze in smaller portions for later

Limit these foods:



- ↓ Caffeinated beverages
- ↓ Sugar-sweetened drinks
- ↓ Candy and chocolates
- ↓ Sweet breads/doughnuts
- ↓ Sugary cereals or bars
- ↓ Chips and fried snacks

Points to review with the patient: (Say)

- Canned and frozen foods can be just as **NUTRITIOUS** as fresh. Just be sure to avoid a lot of added sodium and sugar by choosing products labeled "low-sodium," "low-sugar," and "unseasoned."
- It is a good idea for everyone to **LIMIT** foods high in sugar and fats. These include things like sugar-sweetened drinks, sweets, sugary cereals, and fast or fried foods and snacks.
- Pregnant women should be careful to **AVOID** certain foods because they are at a greater risk of foodborne illness. These include some fish, deli meats, unpasteurized juices and cheeses, and alcohol.

Handout #2

MOTHeRS Project - Food Safety

10 Food Safety Tips

TO KEEP MOM AND BABY SAFE

During pregnancy a woman's immune system changes, putting them at greater risk of foodborne illness, which can cause serious health problems for both mom and baby.

CLEAN

- 1 Wash hands the right way**
 - Use soap and water
 - Scrub at least 20 seconds
 - Rinse with water
 - Dry with a clean towel
- 2 Wash hands frequently**
 - Before preparing or eating food
 - After handling raw meat, seafood, poultry or eggs
 - After touching anything unclean
- 3 Sanitize surfaces**
 - Use hot, soapy water
 - Sanitize cutting boards, counter-tops, dishes, utensils, and lids of cans or jars
- 4 Clean Refrigerator**
 - Wipe up any spills as soon as possible
 - Freeze leftovers before 4 days old
 - Freeze raw meats before 2-3 days old
- 5 Rinse fresh fruits & veggies**
 - Use running water. Do not use soap.
 - Wash before eating, cutting, peeling, or cooking

SEPARATE

- 6 Separate raw meats**
 - Use plastic bags at the grocery store
 - Store raw meats on bottom shelf in fridge
- 7 Avoid cross-contamination**
 - Keep raw meats and fresh produce from touching
 - Use separate cutting boards and utensils for raw meats and fresh produce
 - Never place cooked foods on a surface that held raw food

COOK

- 8 Cook to safe internal temperatures**

All poultry and reheated leftovers	165°F
Egg dishes	160°F
Ground beef, pork, veal, or lamb	160°F
Fish or Seafood	145°F
Beef, pork, veal, or lamb chops, steaks, or roasts	145°F with 3 min rest

CHILL

- 9 Avoid Temperature Danger Zone (40-140°F)**
 - Keep hot foods above 140°F
 - Keep cold foods in fridge at 40°F or freezer at 0°F
- 10 Store foods safely**
 - Use shallow containers to store leftovers
 - Refrigerate perishable foods within **2 hours**

Foods to avoid when pregnant

- Fish High in Mercury** - Fresh Albacore/White Tuna, Large-Mouth Bass, Wild Catfish, White/Yellow Perch, Crappie, Carp, Grouper, Mackerel, Marlin, Tilefish, Swordfish, Shark, Orange Roughy, Jackfish, Ladyfish, Cobia, Rudderfish, Blackfish, Yellowfin Tuna
**NOTE: canned, chunk *light* tuna is safe
- Under-cooked eggs** - like over-easy eggs, raw batter/dough, homemade ice-cream, or eggnog
- Pre-made meat or seafood salads** - including chicken salad, ham salad, or seafood salad
- Queso and other soft cheeses** - queso fresco, queso blanco, panela, brie, feta
- Cold hot dogs or luncheon meats** - heat until steaming (165°F)
- Under-cooked fish, seafood, meat, or poultry**
- Raw milk, cheese, juices, or ciders**
- Unpasteurized (raw) milk and soft-serve ice cream**
- Unpasteurized (raw) juice**
- Unpasteurized (raw) cider**
- Unpasteurized (raw) wine**
- Unpasteurized (raw) beer**
- Unpasteurized (raw) kombucha**
- Unpasteurized (raw) vinegar**
- Unpasteurized (raw) honey**
- Unpasteurized (raw) maple syrup**
- Unpasteurized (raw) molasses**
- Unpasteurized (raw) corn syrup**
- Unpasteurized (raw) sorghum**
- Unpasteurized (raw) rice**
- Unpasteurized (raw) lentils**
- Unpasteurized (raw) beans**
- Unpasteurized (raw) chickpeas**
- Unpasteurized (raw) peas**
- Unpasteurized (raw) lentils**
- Unpasteurized (raw) chickpeas**
- Unpasteurized (raw) peas**

► Physiological changes occur during pregnancy which weaken a mother's immune system and put her and her infant at greater risk of foodborne illness

Points to review with the patient: (Say)

- *Food safety is always important, but it is critically important during pregnancy*
- *This handout provides 10 food safety practices that can help keep you and your developing infant safe*

Handout #2

MOTHeRS Project - Food Safety

10 Food Safety Tips TO KEEP MOM AND BABY SAFE
During pregnancy a woman's immune system changes, putting them at greater risk of foodborne illness, which can cause serious health problems for both mom and baby.

CLEAN

- 1 Wash hands the right way**
 - Use soap and water
 - Scrub at least 20 seconds
 - Rinse with water
 - Dry with a clean towel
- 2 Wash hands frequently**
 - Before preparing or eating food
 - After handling raw meat, seafood, poultry or eggs
 - After touching anything unclean
- 3 Sanitize surfaces**
 - Use hot, soapy water
 - Sanitize cutting boards, counter-tops, dishes, utensils, and lids of cans or jars
- 4 Clean Refrigerator**
 - Wipe up any spills as soon as possible
 - Freeze leftovers before 4 days old
 - Freeze raw meats before 2-3 days old
- 5 Rinse fresh fruits & veggies**
 - Use running water. Do not use soap.
 - Wash before eating, cutting, peeling, or cooking

SEPARATE

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 - Use plastic bags at the grocery store
 - Store raw meats on bottom shelf in fridge
- 7 Avoid cross-contamination**
 - Keep raw meats and fresh produce from touching
 - Use separate cutting boards and utensils for raw meats and fresh produce
 - Never place cooked foods on a surface that held raw food

COOK

- 8 Cook to safe internal temperatures**
 - Use a food thermometer

CHILL

- 9 Avoid Temperature Danger Zone (40-140°F)**
 - Keep hot foods above 140°F
 - Keep cold foods in fridge at 40°F or freezer at 0°F
- 10 Store foods safely**
 - Use shallow containers to store leftovers
 - Refrigerate perishable foods within 2 hours

Foods to avoid when pregnant

- ▶ Fish High in Mercury - Fresh Albacore/White Tuna, Large Crappie, Carp, Grouper, Mackerel, Monkfish, Rockfish, Snapper, Striped Bass, Tilefish, Yellowtail
- ▶ Under-cooked eggs - like over-easy eggs, raw batter/dough
- ▶ Pre-made meat or seafood salads - including chicken salad
- ▶ Queso and other soft cheeses - queso fresco, queso blanco, queso panela, queso de panela
- ▶ Cold hot dogs or luncheon meats - heat until steaming
- ▶ Any raw or under-cooked fish, seafood, meat, or poultry
- ▶ Unpasteurized milks, cheese, juices, or ciders
- ▶ Raw sprouts
- ▶ Aloe juice and aloe-vera drinks

Developed by Bethany Smith, MSW, Kathryn Kozak, PhD, RN, Kay Chasen MPH, RN, CCES

Food safety tips to review: (Say)

- **CLEAN:** Wash your hands, all surfaces, and fruits and vegetables before cooking or preparing food
- **SEPARATE:** Keep raw meat separate from fresh food, and thoroughly wash any utensils and surfaces that come in contact with raw meat
- **COOK:** Make sure to cook foods to the correct temperature
- **CHILL:** Promptly refrigerate or freeze any leftovers



Handout #2

MOTHeRS Project - Food Safety

10 Food Safety Tips
TO KEEP MOM AND BABY SAFE

During pregnancy a woman's immune system changes, putting them at greater risk of foodborne illness, which can cause serious health problems for both mom and baby.

CLEAN

- Wash hands the right way**
 - Use soap and water
 - Scrub at least 20 seconds
 - Rinse with water
 - Dry with a clean towel
- Wash hands frequently**
 - Before preparing or eating food
 - After handling raw meat, seafood, poultry or eggs
 - After touching anything unclean
- Sanitize surfaces**
 - Use hot, soapy water
 - Sanitize cutting boards, counter-tops, dishes, utensils, and lids of cans or jars
- Clean Refrigerator**
 - Wipe up any spills as soon as possible
 - Freeze leftovers before 4 days old
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- Rinse fresh fruits & veggies**
 - Use running water. Do not use soap
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SEPARATE

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 - Store raw meats on bottom shelf in fridge
- Avoid cross-contamination**
 - Keep raw meats and fresh produce from touching
 - Use separate cutting boards and utensils for raw meats and fresh produce
 - Never place cooked foods on a surface that held raw food

COOK

- Cook to safe internal temperatures**
 - Use a food thermometer

Food	Internal Temperature
Ground beef, pork, veal, or lamb	160°F
Steak, pork, veal, or lamb chops	145°F
Roast beef, pork, veal, or lamb	145°F
Whole poultry	165°F
Ground turkey	165°F
Whole turkey	165°F
Whole chicken	165°F
Whole duck	165°F
Whole goose	165°F
Whole pig	160°F
Whole ham	145°F
Whole lamb	145°F
Whole beef	145°F
Whole pork	145°F
Whole veal	145°F
Whole lamb	145°F
Whole chicken	165°F
Whole turkey	165°F
Whole duck	165°F
Whole goose	165°F
Whole pig	160°F
Whole ham	145°F
Whole lamb	145°F
Whole beef	145°F
Whole pork	145°F
Whole veal	145°F
Whole lamb	145°F

CHILL

- Avoid Temperature Danger Zone (40-140°F)**
 - Keep hot foods above 140°F
 - Keep cold foods in fridge at 40°F or freezer at 0°F
- Store foods safely**
 - Use shallow containers to store leftovers
 - Refrigerate perishable foods within 2 hours

Foods to avoid when pregnant

- Fish High in Mercury - Fresh Albacore/White Tuna, Large-Mouth Bass, Wild Catfish, White/Yellow Perch
- Under-cooked eggs
- Pre-made meat
- Queso and other soft cheeses
- Cold hot dogs or luncheon meats
- Any raw or under-cooked fish, seafood, meat, or poultry
- Unpasteurized milks, cheese, juices, or ciders
- Raw sprouts
- Aloe juice and aloe vera drinks

Foods to avoid when pregnant

- Fish High in Mercury - Fresh Albacore/White Tuna, Large-Mouth Bass, Wild Catfish, White/Yellow Perch, Crappie, Carp, Grouper, Mackerel, Marlin, Tilefish, Swordfish, Shark, Orange Roughy, Jackfish, Ladyfish, Cobia, Rudderfish, Blackfish, Yellowfin Tuna
- **NOTE: canned, chunk *light* tuna is safe
- Under-cooked eggs - like over-easy eggs, raw batter/dough, homemade ice-cream, or eggnog
- Pre-made meat or seafood salads - including chicken salad, ham salad, or seafood salad
- Queso and other soft cheeses - queso fresco, queso blanco, panela, brie, feta
- Cold hot dogs or luncheon meats - heat until steaming (165°F)
- Any raw or under-cooked fish, seafood, meat, or poultry
- Unpasteurized milks, cheese, juices, or ciders
- Raw sprouts



Points to review with the patient: (Say)

- At the bottom of the handout is a list of foods that are especially dangerous and should be avoided during pregnancy
- Point out:
 - Canned *chunk light* tuna **IS** considered safe
 - But canned albacore, white, and yellow-fin tuna are **NOT** considered safe

Handout #3

MOTHeRS Project - Recipes

- ▶ The foods within the MOTHeRS Food Bag were selected for their contribution of nutrients identified to be important during pregnancy

Points to review with the patient: (Say)

- *The front and backside of this handout contain recipes that combines many of the items in your food bag with other foods that are high in nutrients that are important during pregnancy*
- *Some of the recipes are printed on the handout, others can be accessed using your cell phone's camera to scan the QR-Code. This will take you to a website with the recipe*
- *Remember, it is okay to substitute ingredients in a recipe for food items that you have on hand. And you can often use canned or frozen foods in place of fresh.*
- *Most pregnant women only need about 1-2 small snacks per day. The backside of this handout provides easy, nutritious snack ideas that could be enjoyed.*

Recipes to try: Nutritious ways to make the most out of your meals and snacks

Eggs ▶ Eggs are excellent sources of choline¹ and protein²
 ▶ At breakfast, try adding extra veggies to your scrambled eggs or omelet
 ▶ At dinner, try baking a frittata or quiche using extra veggies

Greens
 ▶ Greens are high in iron³, choline and folate⁴
 ▶ Canned greens can be just as nutritious as fresh. Look for "low sodium," "no salt added" or "unseasoned" varieties
 ▶ For best results, canned greens should be drained and patted dry before using
 ▶ Try adding greens to scrambled eggs, soups, steams, or casseroles

Sauteed Greens and Beans
Ingredients:
 • 1 tsp. oil
 • 1 c. onion (or 2 tsp. onion powder)
 • 1 can beans (drain & rinse)
 • 1 c. low-sodium broth
 • 2.15 oz. cans green beans (drain and pat dry)
 • 1 Tbsp. lemon juice (or vinegar)

Directions:
 1. Heat oil in large pot
 2. Add onion (if using)
 3. Add beans and broth
 4. Reduce heat, cover
 5. Add 2 cans of green beans
 6. Before serving, add lemon juice
 7. Optional: Top with cheese

Canned Salmon and Light Tuna:
 ▶ **Note:** purchase canned Chunk **Light** Tuna. Fresh albacore and white tuna are unsafe
 ▶ Tuna and Salmon are high in protein and omega-3s⁶
 ▶ Use them in sandwiches, salads, pasta or casseroles
 ▶ Try using canned tuna, salmon or chicken in these protein patties: →

Tuna Casserole: (Adjust the recipe by using any vegetables you have on hand)
Ingredients:
 • Cooking spray
 • 12 oz. egg noodles
 • 1 Tbsp. oil
 • 3/4 c. onion (or 2 tsp. onion powder)
 • 1 can, sliced mushrooms, no salt added
 • 2/3 c. spinach, frozen or canned (drain and pat dry)
 • 1/4 tsp. garlic powder
 • 1/4 tsp. paprika
 • 3 Tbsp. flour
 • 2 c. skim milk (can use milk prepared from powder)
 • 1/4 tsp black pepper
 • 1 5 oz. can Chunk **Light** Tuna, packed in water (drain)
 • Optional: 1/2 cup low-fat cheese

Directions:
 1. Preheat oven to 375 degrees F
 2. Spray a 9x13 in. baking dish with cooking spray
 3. Cook pasta according to package directions (minus 2 minutes)
 4. Add olive oil to large sauce pan over medium-high heat. Add onions (or onion powder) and mushrooms and saute about 5 min.
 5. Add spinach (drained and patted dry) and all-purpose seasoning and remove from heat
 6. In small bowl, whisk together flour, milk, and pepper. Pour over vegetables and bring to a boil.
 7. Stir in the tuna (drained) and cooked noodles (drained)
 8. Pour into greased baking pan
 9. Top with cheese (optional) and bake 15 min.

Beans: Beans are high in fiber,⁵ protein, and iron. Try adding these bean recipes:
 1. Open the camera on your phone
 2. Scan

Quinoa: ▶ Quinoa is high in protein, choline and folate
 ▶ Try using it in place of rice or pasta
 Try these other quinoa recipes:

Snacks: ▶ Women who are pregnant usually only need 1-2 extra snacks each day
 Try these nutritious snack combinations:

- **Homemade Trail Mix:**
 1. Mix together:
 - 1 c. multigrain cheerios
 - 3/4 c. nuts, unsalted
 - 1/2 c. dried fruit
 - 2 Tbsp. dark chocolate chips
- **Roasted Chickpeas**
 1. Drain, rinse, and dry canned chickpeas
 2. Toss with 1-2 Tbsp. oil and 2-4 tsp. of seasoning (like paprika, turmeric, cumin, or chili powder)
 3. Roast at 400 F for 30-45 min., stirring frequently
- **Baked corn tortillas, dipped in salsa**
- **Hard-boiled eggs**
- **100% Whole Wheat Toast**
 - Top with nut butter (like peanut or almond butter), scrambled eggs, hummus, mashed avocado, or low-fat cheese
- **Whole Grain Crackers:**
 - Top with low-fat cheese, hummus, nut butter, or canned **Light** tuna that has been packed in water
- **Nut Butter** (like peanut or almond butter):
 - Dip with apple slices, 1/2 banana, celery sticks, pretzels, or whole grain crackers
- **2/3 c. Low-fat Greek yogurt**
 - Stir in 1/4 cup homemade granola or fruit

For more tasty and nutritious recipe ideas visit:
 • <https://recipes.heart.org/en/recipes>
 • <https://www.wicstrong.com/resources/recipes/>
 • <https://www.diabetesfoodhub.org/all-recipes.html>
 • <https://hungerandhealth.feedingamerica.org/healthy-recipes/>
 • <https://www.capitalareefoodbank.org/what-we-do/nutrition-and-wellness/recipes/> (recipes available in Spanish)

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 ECU Physicians, November, 2020

A few other things it would be good to know



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Gestational Diabetes

- ▶ Counseling a woman with Gestational Diabetes.
Briefly review these points if she has to wait to have an appointment with a diabetes educator (CDCES) or a registered dietitian nutritionist (RDN)

- Women diagnosed with GDM should have a session with a registered dietitian nutritionist and/or diabetes educator
- **If she is not scheduled to talk with a professional soon, review these points with the patient: (Say)**
 - *Glucose is your body's primary source of energy*
 - *You may also know glucose as sugar*
 - *Your body gets glucose from carbohydrates*
 - *When diabetes occurs, glucose cannot properly get into your body cells*
 - *This causes them to lack the energy they need to keep your body working properly*

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Gestational Diabetes

- ▶ Why doesn't glucose move into cells?



- *Insulin is the key that unlocks the doors of our cells to allow glucose to come in*
- *In **diabetes**,*
 - *Your body may not make enough insulin*
 - Or
 - *Your body's cells may not respond well to the insulin that is produced*

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MOTHeRS Project – Gestational Diabetes

Points to review with the patient: (SAY)

- *You will be asked to make some changes in the foods you eat and drink to benefit both you and your baby*
- *Unless your doctor gives you other instructions, use this pyramid as your guide*
- *Avoid all sugar sweetened beverages, fruit juices and drinks*
- *Avoid sweet foods*
- *Eat small, regularly scheduled meals and snacks*
- *Avoid junk food*
- *Ask to see an RDN for your meal plan if you do not already have an appointment*

MOTHeRS' Food Guide for Women with Gestational Diabetes

FATS
(Limit amount of)
2 tbsp avocado,
1 tsp butter/margarine/mayo,
2 tbsp reduced-fat dressing,
1 tsp cream cheese or salad dressing

Better fat choices are canola or olive oil, or reduced-fat margarine

MILK ★
(2 - 3 servings per day)
1 cup skim or low-fat milk
6 oz skim or low-fat yogurt
(unsweetened or artificially sweetened)

MEAT ★
(4 - 6 oz per day)
3 oz lean meat, poultry or fish,
1 tbsp peanut butter, 1/2 cup tofu,
2 slices reduced-fat cheese, 1 egg,
1/4 cup LIGHT tuna, packed in water,
1/4 cup low-fat or non-fat cottage cheese,

NON-STARCHY VEGETABLES
(3 - 5 servings per day)
1/2 cup vegetable juice
1 cup raw leafy vegetables,
1/2 cup cooked vegetables
1/2 cup chopped vegetables

FRUITS ★
(2 - 4 servings per day)
1 small fruit, 1/2 banana,
1 cup raspberries,
10 - 15 grapes, 1 cup melon,
1 1/4 cup whole strawberries
1/2 cup canned fruit (in juice),
1/4 cup dried fruit, 2 tbsp raisins
3/4 cup blueberries or blackberries

GRAINS, BEANS, AND STARCHY VEGETABLES
(6 or more servings per day)

★ **Grains**
1 slice bread, 1/4 bagel, 6-inch tortilla,
1/2 english muffin, pita, or biscuit,
1/2 hamburger or hotdog bun,
1/3 cup cooked rice or pasta
1/2 cup macaroni and cheese,
3/4 cup dry, unsweetened cereal,
(atmeal),

1 cup soup
4 - 7 crackers
3/4 oz chips, pretzels, or crackers

★ **Starchy Vegetables**
1 (3 oz) potato, 10-15 fries,
1/2 cup yams or sweet potatoes,
1/2 cup cooked beans, lentils, corn, or peas

per serving)

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Questions Patients May Ask

Q: Can I trade some of the foods in the bag for other foods I like better?

A: *No. The foods in the bag are specific to helping you have the best possible diet during pregnancy*

Q: When can I get another bag?

A: *You will be screened for food insecurity every time you come to the office during your pregnancy. If you continue to screen positive, you will be offered another bag. If you are out of food, ask for another bag.*

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Thank you!

If you have questions about anything in this module, please email cravenk@ecu.edu or call 252-744-0087



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