

MacDonald Center for Nutrition  
Education and Research (MCNER)  
Webinar Series for Health  
Professionals



**VILLANOVA**  
UNIVERSITY  
M. Louise Fitzpatrick  
College of Nursing



Nourishing Our Neighbors:  
Connecting Hunger Relief, Nutrition  
Education and Health

Wednesday, October 29, 2025



Moderator:

Lisa Diewald, MS, RDN, LDN  
Associate Director

MacDonald Center for Nutrition Education and Research

# Finding slides for today's webinar

- Slides are posted at [villanova.edu/mcner](https://villanova.edu/mcner)
- From right menu → Webinars
- Go to 10/29/25 webinar presented by Lauren Duff and Megan McGreevy

# Today's Webinar Objectives

- Understand the extent of food insecurity in Pennsylvania.
- Explore the link between food insecurity and health and the innovative ways nutrition education can make a difference.
- Learn ways health professionals can get involved in the movement to end hunger through advocacy, resource sharing, and hands-on strategies.

- This activity awards 1 CPEU in accordance with the Commission on Dietetic Registration's CPEU Prior Approval Program
  - Level 2 activity
  - Suggested CDR Performance Indicators: 10.3.4, 10.4.5, 13.1.1, 13.1.3
  - To receive CE credit, you must attend the entire program.
- Contact hours for nurses are not available for this webinar.

# The Q&A Box is Open!

- Questions are welcome!
- Please send through the Q&A Box during the presentation.
- Q&A session will follow the program.

There are no relevant financial relationships with ineligible companies for those involved with the ability to control the content of the activity.

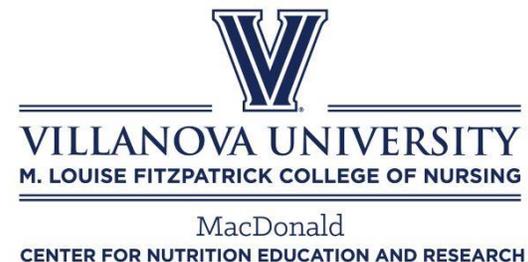
Planners will review participant feedback to evaluate for real or perceived commercial bias in any activity.



Lauren Duff



Megan Greevy, MS, RDN, LDN



# Nourishing Our Neighbors: Connecting Hunger Relief, Nutrition Education, and Health

Presented by:

Lauren Duff, Chief Public Affairs Officer  
Megan McGreevy, MS, RD, LDN  
Feeding Pennsylvania

# Nourishing our Neighbors

Connecting Hunger Relief,  
Nutrition Education, and Health



**PA Healthy Pantry Initiative**  
A project of Feeding PA in partnership  
with the PA Department of Health



# Defining Food Insecurity

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Food insecurity is a lack of access to the food one needs, or uncertainty about where food will come from, in the short term.





STAY  
YOUR STORY IS  
NOT OVER

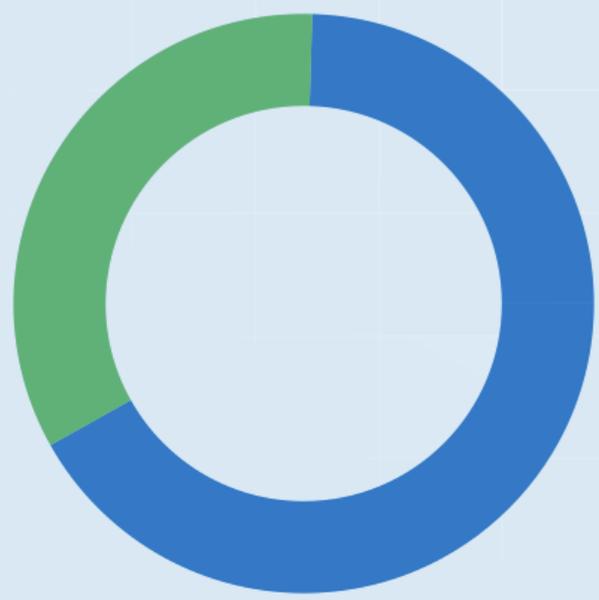
Annett  
San Antonio

BUTTERBALL  
Premium  
all natural

# Where are the rates of food insecurity highest?

Inactive

3



- A 67% Urban
- B 0% Suburban
- C 33% Rural
- D 0% Rates are equal



+ Add Choice

When Presented

Hide Responses  Lock  Show Correctness



Annett  
San Antonio

# How many people in Pennsylvania experience food insecurity?

Inactive

0



Awaiting first audience response



- ✎
- 👤
- 🧠
- 📊
- 👥
- 🕒

When Presented

Hide Responses

Lock

# Hunger in PA

**1** IN **8** PENNSYLVANIANS EXPERIENCES FOOD INSECURITY

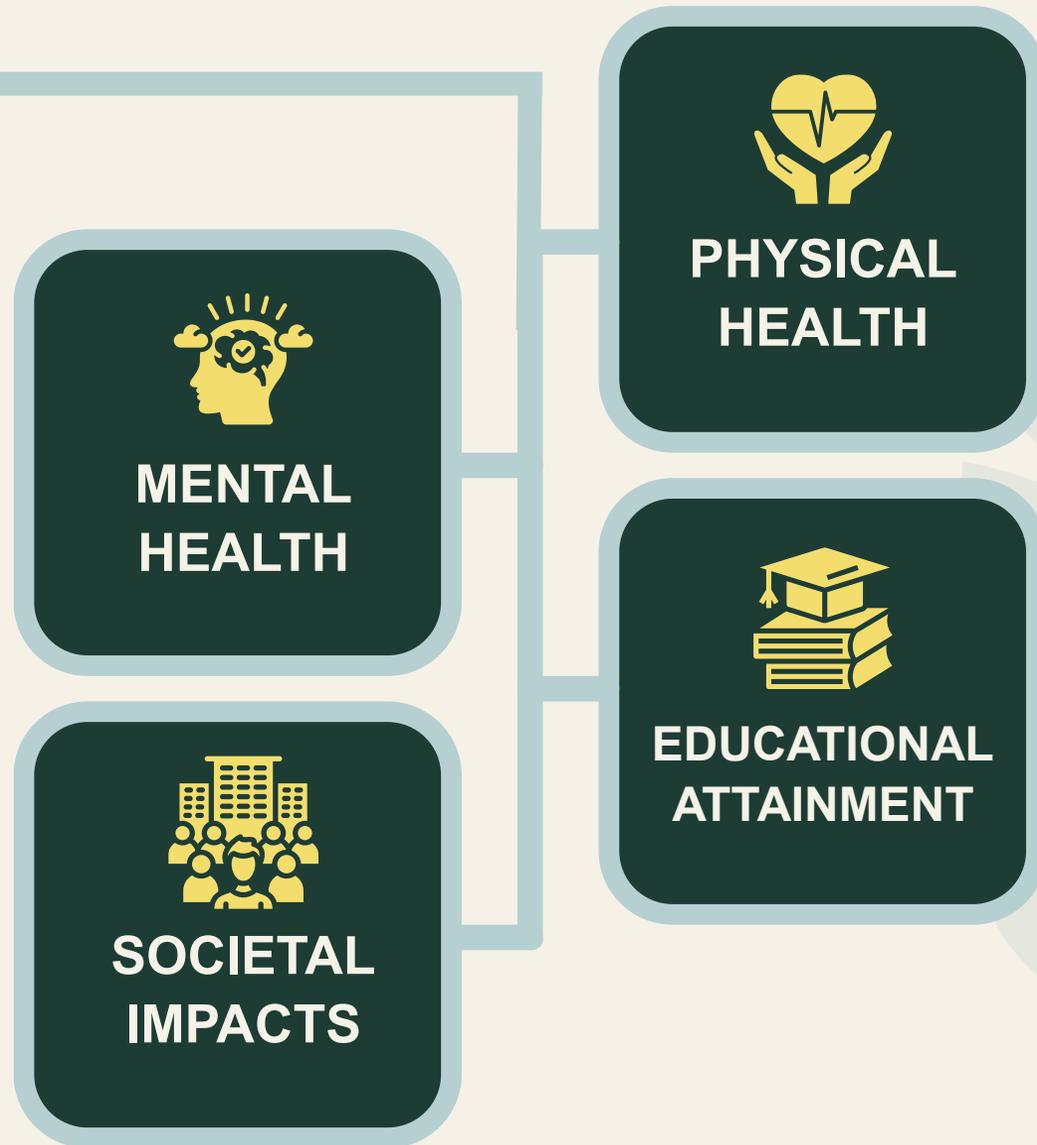


That means 1.7 million people in Pennsylvania are facing hunger, including 1 in 6 children.

In the last two years, the number of people experiencing food insecurity in Pennsylvania has **INCREASED** by over

**40%**

# How Food Insecurity Affects Our Communities



# YOUR LOCAL PANTRY



# About Feeding PA



We help food banks secure resources and operate more effectively.



We advocate for policies that get more food to more Pennsylvanians.

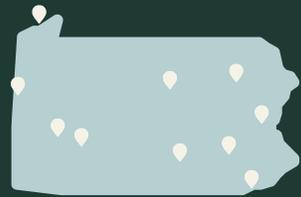


We grow public awareness of food insecurity.



# Our Network

9



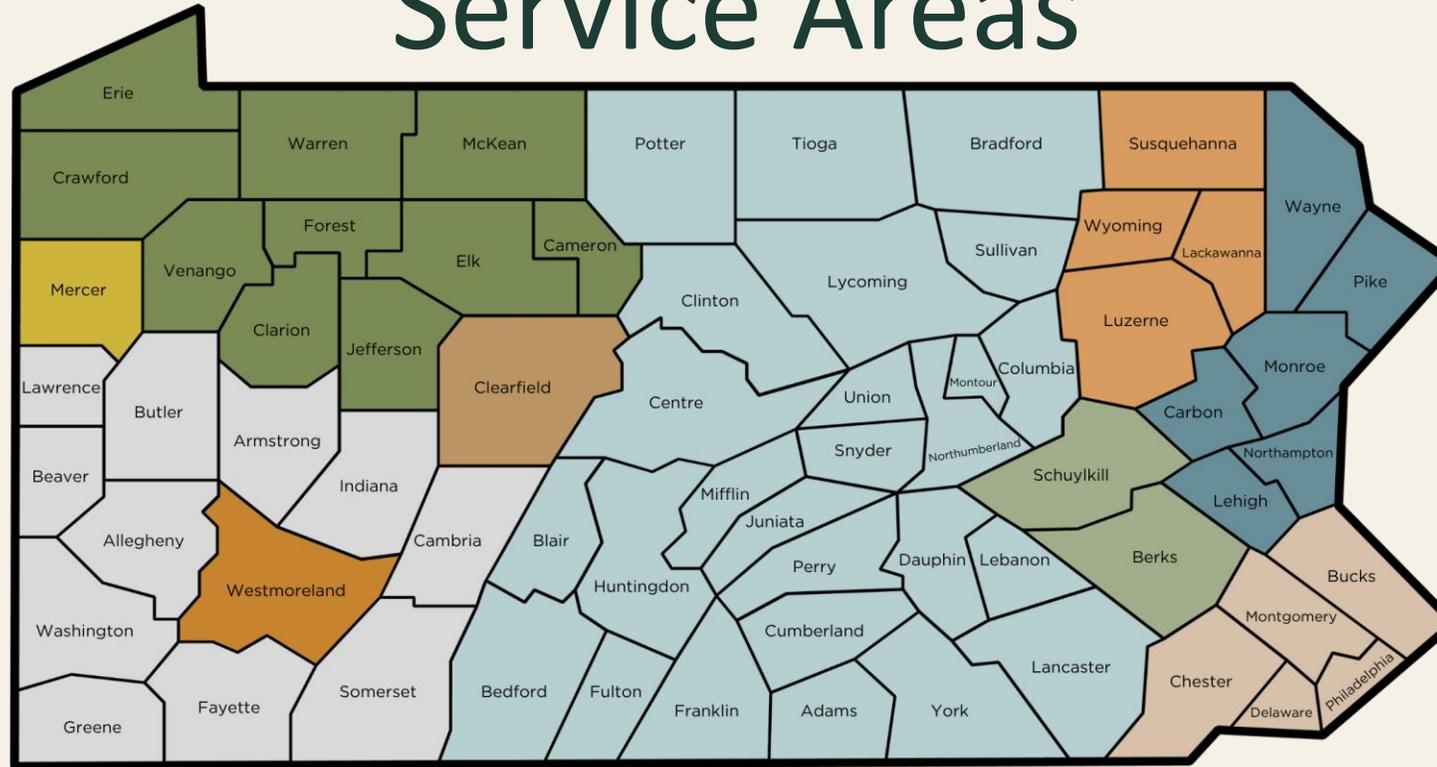
FOOD  
BANKS

2,750



FOOD  
PANTRIES

# Feeding Pennsylvania Member Food Bank Service Areas



- Central Pennsylvania Food Bank
- Greater Pittsburgh Community Food Bank
- Helping Harvest Fresh Food Bank
- H&J Weinberg Northeast Regional Food Bank
- Mercer County Food Bank
- Philabundance
- Second Harvest Food Bank of Lehigh Valley & Northeast PA
- Second Harvest Food Bank of Northwest PA
- Westmoreland Food Bank
- Second Harvest Food Bank of Northwest PA and Central Pennsylvania Food Bank



# How many pounds of food to Feeding Pennsylvania food banks distribute each year?

Inactive

0



Awaiting first audience response

When Presented

Hide Responses



Lock



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# Our Impact

237M



LBS OF  
FOOD

1.5M



PEOPLE  
SERVED

60K



VOLUNTEERS

# Our Initiatives

Agriculture  
Programs

**MARC** MID-ATLANTIC  
REGIONAL  
COOPERATIVE



**PA Healthy Pantry Initiative**  
A project of Feeding PA in partnership  
with the PA Department of Health



# Health and Hunger

Chronic diseases include: Heart disease, cancer, chronic lung disease, stroke, Alzheimer's disease, diabetes, obesity and chronic kidney disease.

Six in 10 adults in the United States have a chronic disease and 4 in 10 have two or more chronic diseases.

Poor nutrition is one of the key lifestyle risks for chronic diseases.



Adults that are living in food insecure households consume fewer servings of fruits, vegetables, and dairy weekly.



This pattern of food intake has been linked to the development of hypertension (high blood pressure), hyperlipidemia (high cholesterol), and diabetes.



Food insecurity and obesity are also linked. Lower-income individuals often have access to inexpensive food options that are lower in nutritional value and are calorie-dense with limited access to affordable healthy options.



Of all households surveyed:  
**57.8%** have at least one member living with high blood pressure and  
**33.2%** of all households report a member with diabetes.



Of households surveyed with a senior in the home:  
**77.3%** report a member with high blood pressure and  
**47.2%** report a member with diabetes.



# Nutrition Education and Food Insecurity

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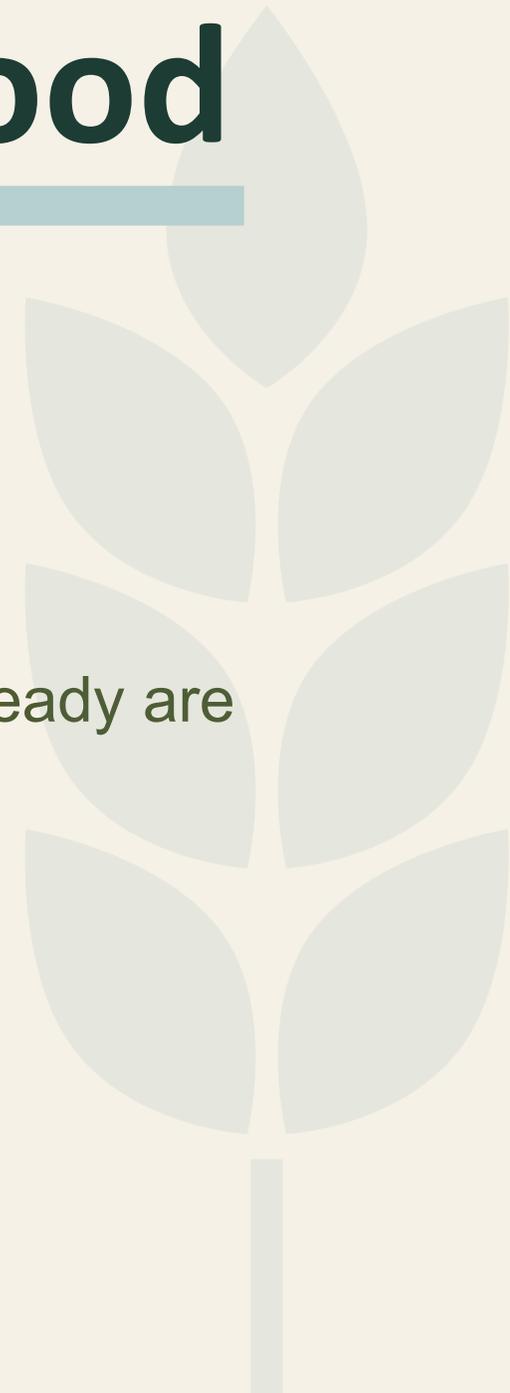
- Eating healthy on a budget
- Cooking skills
- Expand food intake
  - Encouraging to try new foods, or different ways to prepare foods
- Reduce food waste
- Self-efficacy/confidence



# Nutrition Education and Food Insecurity

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- ❑ Screening and connections to additional resources
- ❑ Go beyond simply telling someone what to eat
- ❑ Finding ways to get out into the community where individuals already are



# Why the Food Pantry for nutrition

From a survey conducted in food pantries across the United States:

## education?

More than half of pantry clients visited the pantry six times or more in the previous 12 months.

63.2% of those surveyed budgeted to get food from the pantry monthly.

Food pantries are a consistent source of food for those in need.

# PA Healthy Pantry Initiative

## (PA HPI)

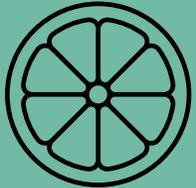
- Feeding Pa contract with Pennsylvania Department of Health 2018
- Registered Dietitian hired in January 2019
- Pa HPI expanded with Snap Ed contract in October 2020
  
- Educators in 6 out of 9 food banks working on Pa HPI
- DOH funded pantries = 138
- Snap Ed funded pantries = 86



# PA HPI Assessment Domains



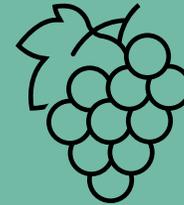
Increasing healthy inventory



Implementing nudge  
(environmental) strategies



Promoting/marketing health  
and nutrition



Nutrition policies and  
guidelines



Promoting additional  
resources and services to  
neighbors and staff

1

## VISIT 1

Meet with nutrition educator for introductions and tour of the pantry.

2

## VISIT 2

Complete pantry assessment with nutrition educator.

●

## BETWEEN VISITS

Review assessment and assist with developing plan.

3

## VISIT 3

Complete PA HPI training with as many staff/volunteers as possible and discuss inventory opportunities.

●

## BETWEEN VISITS

Work with nutrition educator to order PA HPI equipment and materials.

4

## VISIT 4

Receive any conversion materials, like shelving, that was ordered and assist with changing pantry layout.



5

## VISIT 5

Accept PA HPI materials, like posters and recipe cards, and assist with placing them throughout the pantry.

6

## VISIT 6 AND ON

Work with nutrition educator on creating meal bundles or recipe card distributions, tastings, classes and so on.

Distribute nutrition and health education handouts as recommended by nutrition educator.

Re-assess pantry with nutrition educator six months after first strategies are implemented.

# PA HPI Materials Overview

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- Posters (wall & a-frame)
- Produce Cards (available in six languages)
- Shelf Talkers
- Food Fun White Board Sheets
- Nutrition Handouts
- Recipe Cards
- Kid friendly recipe series
- How to cards
- Breakfast recipe cards (4-5 variations of a recipe)
- Simple Ways To Use – Recipe Cards

<https://healthypantry.feedingpa.org/resources-for-pantries/>



# Nudge Examples

## Order:

Place healthy items in the first section clients see



**Convenience:**  
Healthy items placed at eye level

## Abundance:

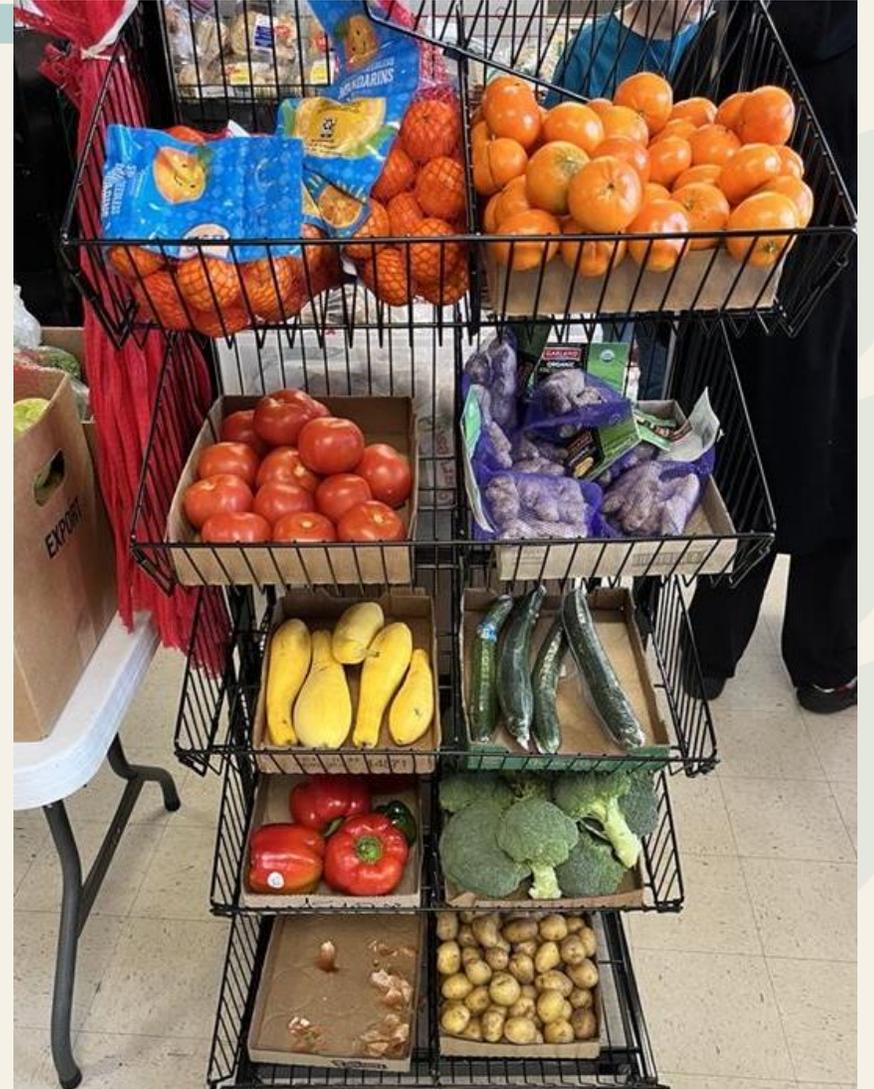
People tend to choose items that appear abundant



# Nudge Examples

## Display change:

Updating a display to make it more attractive



# Nudge Examples

## Signage:

such as shelf talkers and posters



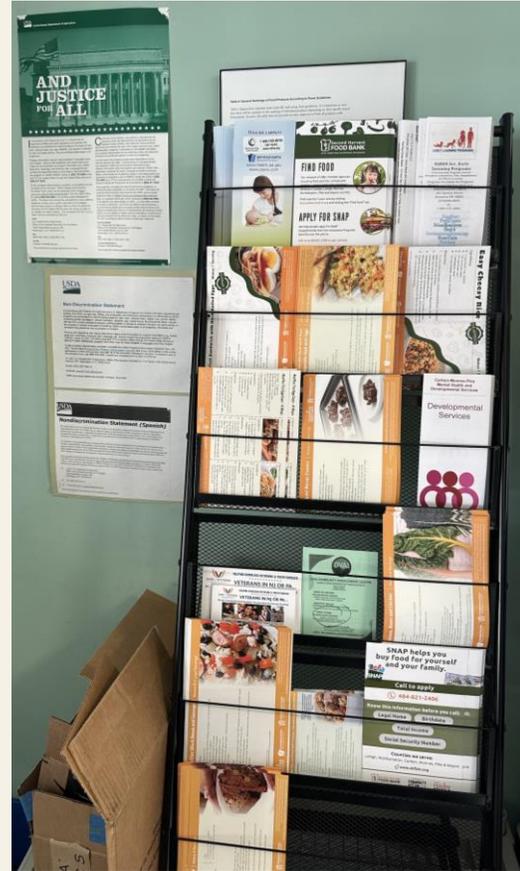
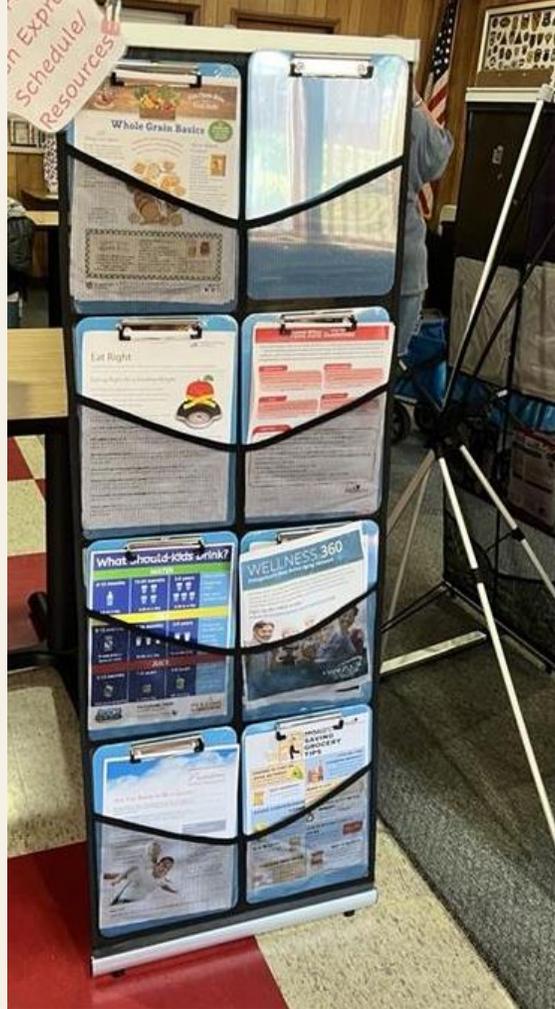
Nutrition labeling/  
value labeling

## Packaging:

Bundling and suggesting options for making a meal



# Other Examples



# Other Examples



# Highlights of Data Collected

[HPI DataFlyer 2025 DOH Final.pdf](#)

[HPI DataFlyer 2025 SNAP Final.pdf](#)



# Opportunities

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- ❑ Food insecurity screening at health care organization
  - Hunger vital Sign
  
- ❑ Provide info about local food resources
  - Find food – pantry locations
  - Snap – application assistance
  - WIC – application assistance
  
- ❑ Referrals



# Opportunities

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- ❑ Connect as a healthcare organization to local food bank/pantry
  - Screenings (Blood pressure, Prediabetes, etc.)
  - Referrals to needed healthcare services
  - Mobile services
  - Funding for healthy foods and nutrition education
  
- ❑ Data collection
  
- ❑ Food is Medicine





**Thank you for  
joining us today!**

**Megan Greevy**  
[mgreevy@feedingpa.org](mailto:mgreevy@feedingpa.org)

**Lauren Duff**  
[lduff@feedingpa.org](mailto:lduff@feedingpa.org)



# To Receive Your CE Certificate

- A link to an evaluation will be sent within a day or two.
- RD/RDNs: Although completing an evaluation is not required, we truly appreciate your feedback.

**If you do not see the evaluation, look in your spam folder.**

- CE certificates for RDs/RDNs/DTRs will be emailed within 2 business days after the program.

# **Dietary Fiber: How Much, Why It Matters for Gut Health and How to Bridge the Gap**

Nicola McKeown, PhD  
with Rodney Wallace, PhD and  
P. Stephen Baezinger, PhD

**Wednesday, 11/12/25**  
**12-1 PM ET**

To Register:  
**[Villanova.edu/mcner](https://villanova.edu/mcner)**

1 free CPEU RDs/DTRs

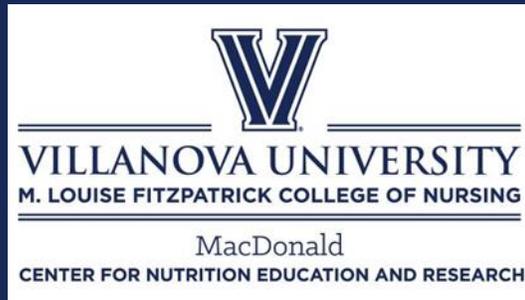
# Q&A

Moderator:

Lisa Diewald, MS, RDN, LDN

[mcner@villanova.edu](mailto:mcner@villanova.edu)

If you are an RD or RDN and have any questions or concerns about this continuing education activity, you may contact CDR directly at [QualityCPE@eatright.org](mailto:QualityCPE@eatright.org).



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