

Chapter 12
Food and Nutrition Assessment of the Community

Student assignments and activities designed to enhance learning and stimulate critical thinking.

1. Describe how a community nutrition assessment would help during a state of emergency.
2. You have been asked to initiate a community nutrition assessment in the town/city where you live. As you begin, the following questions need to be answered:
 - Who will you recruit for your assessment team?
 - How will you define your community?
 - Using this definition, complete a demographic profile of your community using Box 12.10 (page 363) as a template.
 - What other information will you need to include in the assessment? How will you get this information?
3. Using your zip code area, perform a partial assessment of food resource availability, accessibility, and affordability by choosing one of the four key areas listed in section 12.2.3.2 (page 366).
4. Answer the questions listed under section 12.2.3.4 (page 370) with regard to your residential zip code area.
5. Visit one of the following programs in your neighborhood. Volunteer for at least 2 hours during mealtime.

Food Pantry	Homeless Shelter	Family Resource Center
Soup Kitchen	Church Kitchen	School Kitchen
Jail/Prison	Orphanage	Any Food-Related Charity

Describe your experience. Include in your description the following information:

- Name and address of the program, type of program, and date and time you volunteered
- How many people were served while you were on-site?
- Was there enough food for everyone?
- Was the staff friendly?
- How was the food served?
- How long did it take to serve the food?
- Were the participants charged for their foods?
- Did participants have food options to choose from?
- Was the facility clean? Did the people who served food wear gloves and hairnets/caps?

6. You have been invited to talk to members of your local school's PTA members. You would like to ask the PTA members what they think about school foods. Which method would you choose: focus groups or questionnaires? Justify your answer, including the strengths and weaknesses of each method.