

Food Smarts for Recovery

Centering the Experience of Recovery in Nutrition Education



Food Smarts

- a hands-on nutrition and cooking program
- designed to help participants build practical skills for healthy eating
- emphasizes a supportive, trauma-aware approach



Equipping Educators for Recovery Settings

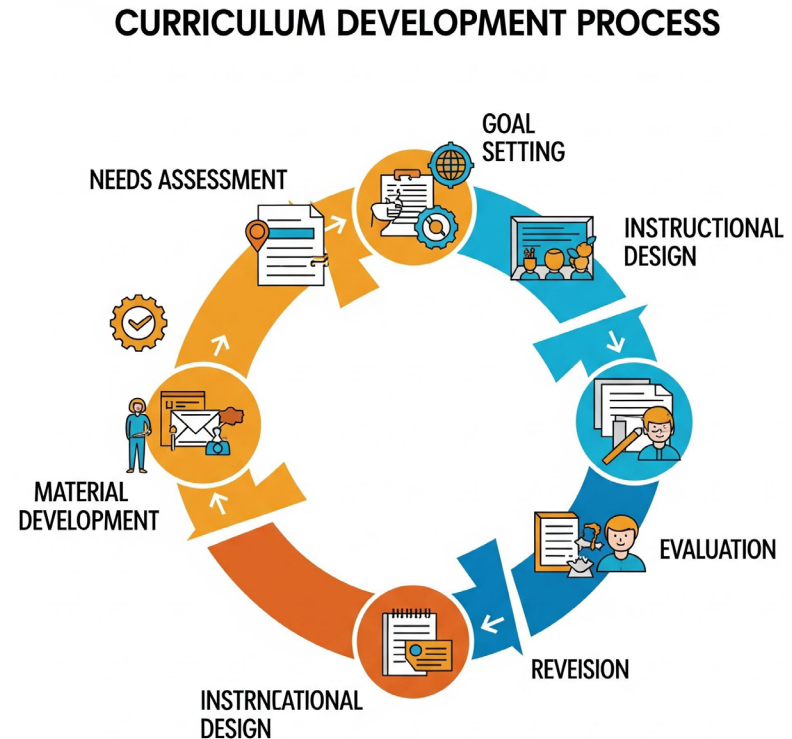


SNAP-Ed



Message Development

- Using a participatory process
- Translating research into nutrition education curricula

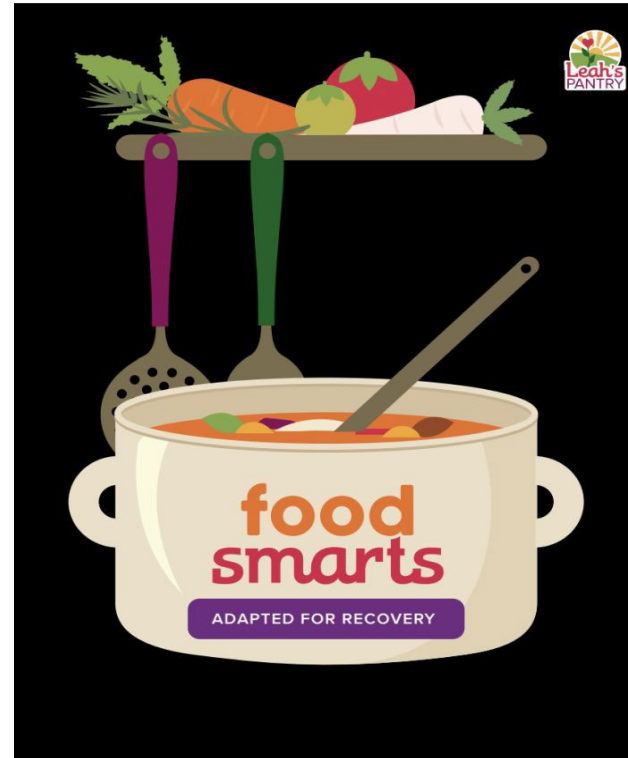
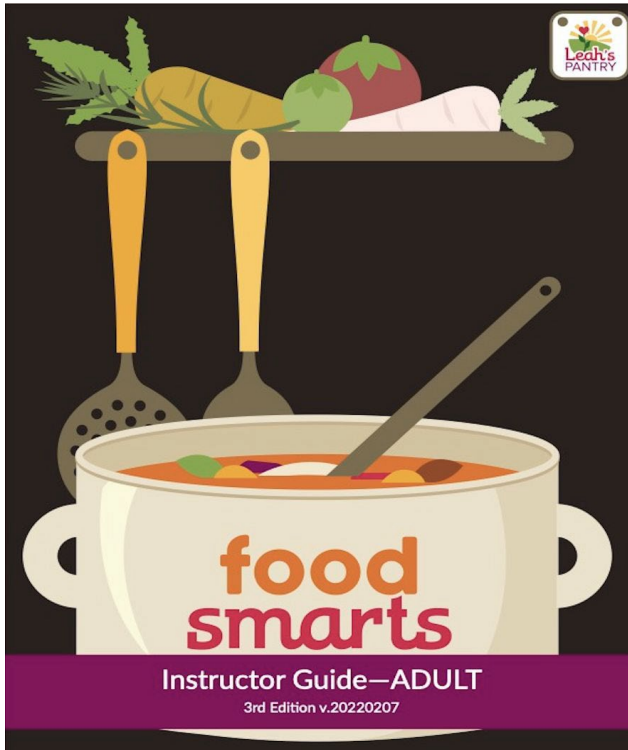


Participatory Process

- A table of experts with lived experience in recovery and recovery settings
- Six month **Learning Collaborative** model
- Iteration, relationship development, engagement in all parts of the process




Adapting Food Smarts



Linking Nutrients to Recovery

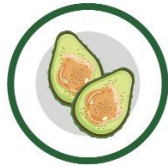
The Leah's Pantry DO EAT Food List


This cheat sheet presents some basics of healthy eating. What are your "go-to" healthy foods?
Check the list below. Do you see any of your favorites?



Whole Grains & Other Complex Carbohydrates
Some carbohydrates are "complex." That means they take a lot of work for your body to break down. They also provide your body with more nutrients and help you feel full longer.
Examples: brown rice, whole wheat products (bread, tortillas), oatmeal, quinoa, amaranth, lentils, beans, starchy fruits and vegetables

Healthy Fats
The human body needs different kinds of fats for health. Without fat, the body cannot use some vitamins. Children's brains need healthy fats too. Fats are also slow to digest. This can help you stay full for a long time. Choose fats that have been minimally or not at all processed.
Examples: avocados, whole nuts and nut butters (low-salt or unsalted), peanuts and peanut butter, olives and olive oil, seeds, fatty fish like salmon and sardines

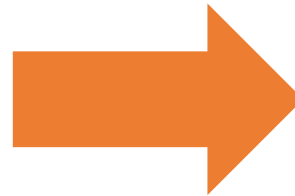




Colorful Vegetables
Different colored vegetables and fruits have different nutrients. To get a variety, try to "eat the rainbow" every day. Enjoy them raw and cooked in different ways, too. Enjoy leafy greens as often as possible.

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Nourishing Your Recovering Body

How do these nutrients support health and recovery?

CARBOHYDRATES

- » Body's primary source of energy
- » Needed for brain function and stable blood sugar levels
- » Aids in production of serotonin which helps stabilize mood, improves sleep, and helps curb food cravings

Vegetables
Fruits
Grains
Dairy

PROTEIN

- » Needed for energy, growth, and repair
- » Building blocks for mood-stabilizing chemicals in the brain (e.g., serotonin and dopamine); low levels of these chemicals can increase the desire for drugs and alcohol

Protein
Dairy

VITAMINS & MINERALS

- » Important for basic body functions
- » Important for mental health

Vegetables
Fruits
Grains

HEALTHY FATS

- » Provides energy and keeps you feeling full
- » Promotes heart health and helps reduce inflammation
- » Omega-3 fatty acid consumption may help with depression

Protein
Healthy Oils and Fats

FIBER

- » Helps move food through the digestive system
- » Helps keep blood sugar levels stable
- » Can help relieve constipation, diarrhea, bloating, cramping, and gas
- » Feeds the gut microbiome (microbes that live in your intestines)

Vegetables
Fruits
Grains

WATER

- » Maintains body's fluid balance
- » Helps brain function and improves cognition
- » Helps flush out cortisol (stress hormone)
- » Promotes rehydration from drug use and detox

Water (also tea, soup, fruits & vegetables)

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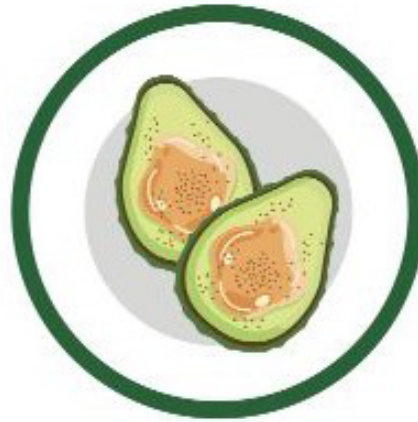
Linking Nutrients to Recovery

Food Smarts

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Food Smarts for Recovery

HEALTHY FATS

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Protein

Healthy Oils
and Fats

Discussions on Weight and Body Size

Weight and Body Size

A healthy weight and body size look different for everyone. Each body's natural weight setpoint is different and depends on a lot of factors—many of them outside of our control. Remember, your health is more than just your weight. All bodies deserve to be treated with love, regardless of weight and size.



Many times, conversations about healthy bodies focus exclusively on calories, body size, and food choices. However, there are many other important and joyful ways to care for our bodies that also improve our confidence, strength, and energy.

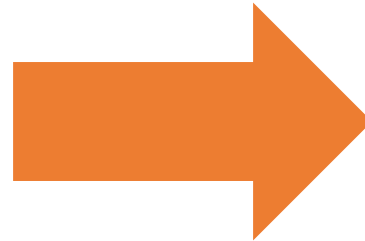
- » moving your body as much as you can—even for short bursts during the day
- » paying attention to how certain foods impact our mood and energy levels
- » getting a good night's sleep
- » exposing our bodies to nature and sunshine
- » noticing when media images and advertisements promote negative thoughts about your own body—feel free to block them!
- » giving appreciation for what your body can do
- » giving and getting physical touch and affection, like hugs



How do I lose weight?

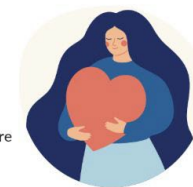
Have you ever asked yourself this question? Wanting to lose weight can be a normal desire; however, losing weight doesn't necessarily make us healthier or happier. Many weight-loss approaches encourage a too restrictive diet and lifestyle that are difficult to maintain long term. Over time, they may also slow down your metabolism and hurt your relationship with food and your body. When trying to lose weight, use an approach that you can sustain for the future. Remember to listen to your body and honor your hunger, fullness, and appetite.

If you are seeking more individual guidance in this area, seek advice from a registered dietitian who can work with you more closely to build a healthy relationship with food and support you in your health goals.



Weight and Body Size

A healthy weight and body size look different for everyone. Each body's natural weight setpoint is different and depends on a lot of factors—many of them outside of your control. Remember, your health is more than just your weight. Lab markers such as blood pressure, blood sugar, and cholesterol levels provide important information about your health. How you feel and your ability to do the things that matter to you are not as easy to measure, but these also say something about your health.



All bodies need love and deserve to be treated with respect, regardless of weight and size. Many times, conversations about healthy bodies focus exclusively on calories, body size, and food choices. However, there are many other important and joyful ways to care for our bodies that also improve our confidence, strength, and energy.

Do you care for your body in any of these ways?

- » Moving your body as much as you can—even for short bursts during the day
- » Paying attention to how certain foods impact your mood and energy levels
- » Noticing when media images and advertisements promote negative thoughts about your own body—feel free to block them!
- » Getting a good night's sleep
- » Creating and maintaining social support and connections
- » Exposing your body to nature and sunshine
- » Giving appreciation for what your body can do
- » Giving and getting physical touch and affection, like hugs



What about weight loss?

- » Wanting to lose weight can be a normal desire. After all, society is full of negative attitudes and discrimination towards people with larger bodies. However, losing weight doesn't necessarily make you healthier or happier. In addition, many weight-loss approaches encourage restrictive diets and lifestyles that are difficult to maintain long term. Over time, they may also slow down your metabolism and hurt your relationship with food and your body.
- » If you are looking for more individual guidance in this area, seek advice from your health care provider or a registered dietitian to evaluate your health, work with you to build a healthy relationship with food, and support you in your health goals.



Discussions on Weight and Body Size_{cont}

■ Do you care for your body in any of these ways?

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■ What about weight loss?



Recognition of Complexity within Familial Relationships in Recovery

Connecting for Health and Recovery

Did you know?

- » **Positive relationships** are important to our mental and physical health and recovery.
- » **People with stronger social bonds** are more likely to live longer, healthier lives.
- » **Being more socially connected** can improve stress responses and minimize the negative health effects of stress.
- » According to the Substance Abuse and Mental Health Services Administration (SAMSHA), there are 4 major dimensions that support a life in recovery: health, home, purpose, and community.¹
- » **Recovery capital** can be defined as the resources a person can access to support their recovery process. Recovery capital consists of personal, social, and community factors².

The 5 for 5 Connection Challenge

The U.S. Surgeon General Dr. Vivek Murthy challenges us all to take this challenge as a way to build and strengthen our relationships and inspire others to incorporate connection in their daily lives³.

Step 1: Commit to connect

Pick 5 actions and 5 days in a row to connect with people in your life.

Step 2: Connect each day for 5 days

Each day, take 1 simple action of your choice to express gratitude, offer support, or ask for help.

TRY IT! Now think about the following questions:

- » When (and with which people) do you feel most comfortable asking for help?
- » What kind of help can you offer to others?
- » How do you feel when asking for help? How do you feel when receiving help?



¹ SAMHSA's Working Definition of Recovery. Substance Abuse and Mental Health Services Administration. 2012. Available at: <https://store.samhsa.gov/sites/default/files/pep12-recdef.pdf>

² Best, D., & Hennessy, E. A. (2022). The science of recovery capital: where do we go from here?. *Addiction* (Abingdon, England), 117(4), 1139–1145. <https://doi.org/10.1111/add.15732>

³ Take the Surgeon General's 5-for-5 Connection Challenge. US Department of Health and Human Services. June 24, 2024. Available at: <https://www.hhs.gov/surgeongeneral/priorities/connection/challenge/index.html>

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Questions?





Pacific Southwest

RURAL OPIOID TECHNICAL

ASSISTANCE REGIONAL CENTER

Using Personas

Human-Centered Design Strategies for
Messaging Development



Session Objectives

1. Learn about personas and how to create them
2. Create personas with your table group
3. Introduce your personas

AMARI JOHNSON <u>Administrative Supervisor</u>	WHAT DO I DO?	I am responsible for program planning, budgeting, and community engagement, with a focus on reporting. Additional duties include data review, hiring, fundraising, and choice of metrics for evaluation. I strive to ensure a diverse workforce, culturally appropriate communication, and community involvement in decision-making. Advocacy and sharing evidence-based information are also a crucial part of my role.
	WHAT DO I WANT?	My motivation lies in social justice and community well-being. I am driven by a strong work ethic and lived experiences. I want to recruit individuals from diverse backgrounds and implement inclusive hiring practices to ensure fair representation within the workforce. I will prioritize culturally appropriate communication and ensure community voices are integral to decision-making and strategic planning processes.
NAME Amari Johnson	WHO WILL INFORM ME?	Community members, staff, organization leadership, local and state-level data, and drawing from prior experience. I also connect with community partner organizations and other local implementing agencies.
AGE 33	WHAT'S STOPPING ME?	Political will regarding equity varies among counties, and the number of staff available makes a big difference; small counties may only have 1-2 staff members. County size and demographics shape program delivery and administrative responsibilities. Barriers include entrenched systems favoring equality over equity, government policies, and budget constraints hindering equity efforts. Also, language barriers, and community trust issues can be challenging, along with preconceived notions and biases to what equity means can impact progress.
LOCATION CA		
POSITION Administrative Supervisor		



Wandering Experts

1. Beth Rutkowski
2. Tom Freese
3. Linda Edelman
4. Annie Lindsay
5. Rebecca Cooney
6. Shannon Browning



Session Workflow

1. In pairs - begin a persona using the worksheet as a guide.
2. Talk with the experts!
3. Table group - share and improve your personas
4. Get creative - draw or create something digital (share with adrienne@leahspantry.org)
5. Share personas
6. Debrief





Pacific Southwest

RURAL OPIOID TECHNICAL

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Crafting Engaging and Trauma-Informed Health Messaging



Session Objectives_{cont}

1. Analyze existing SUD messages
2. Create a message
3. Test messages with personas
4. Real time Gemini

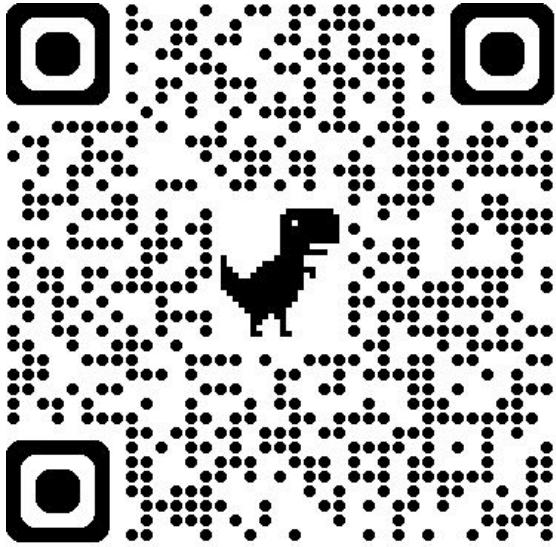


Session Workflow (cont.)

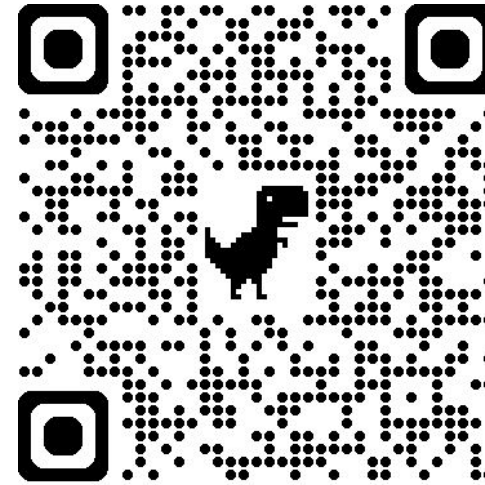
1. Watch a few examples of SUD Messaging
2. Analyze those messages, group debrief
3. Individual (or team) work - creating messaging
4. Talk with the experts
5. Leveraging your personas to analyze and refine messaging
6. Group debrief
7. Debrief



Campaign Examples to Analyze



The Rescue Agency
People's Opioid Project



McGruff the Crime
Dog



Persona Library

