

# Nutrition Needs Assessment of School-Based Choice Food Pantry in Northern Illinois



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# Objectives



- Perceived benefits
- Perceived barriers
- Level of self-efficacy
- Nutrition education resources



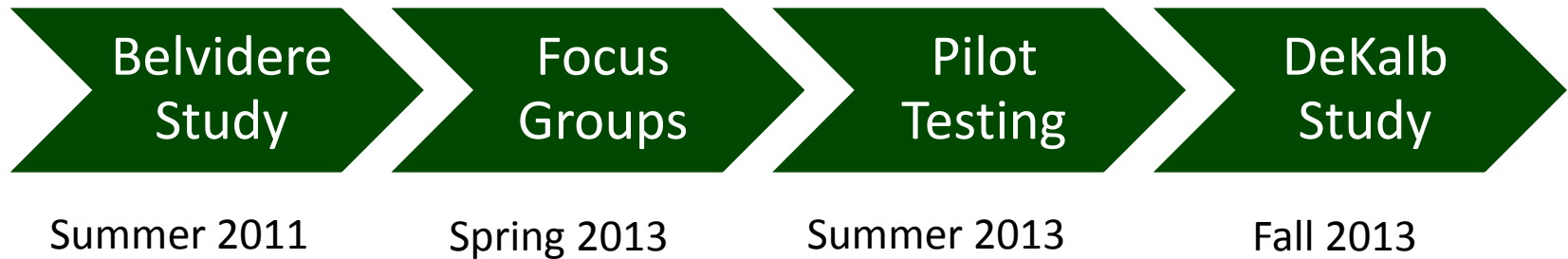
# Design, Setting, Participants



- Cross-sectional study
- Written survey
- Adult clients (n=71)



# Outcome Measures and Analysis





# Results: Demographics

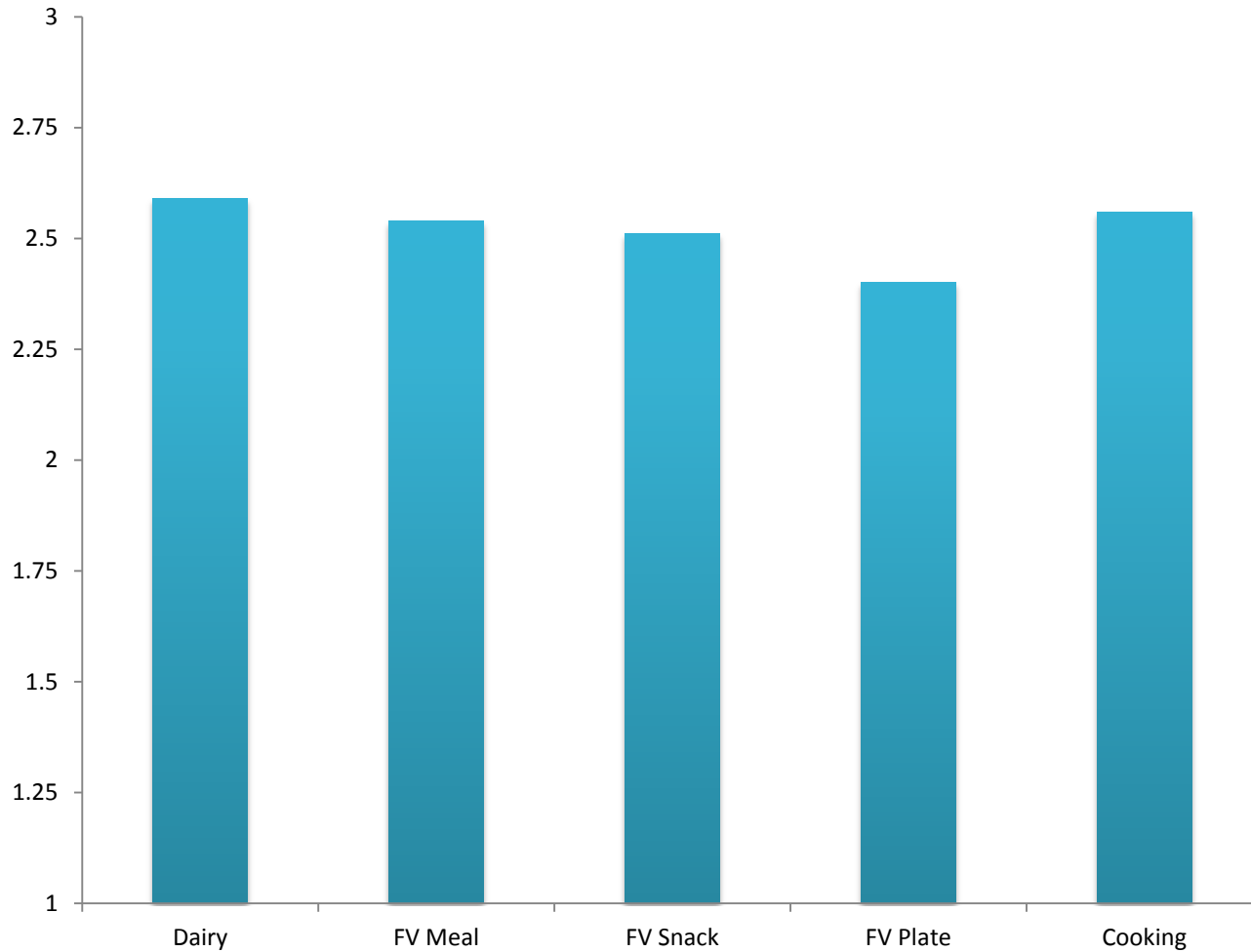


- 38 years old
- 90% Female
- 46% Hispanic
- 41% working full time
- 57% married



# Results: Self-Efficacy

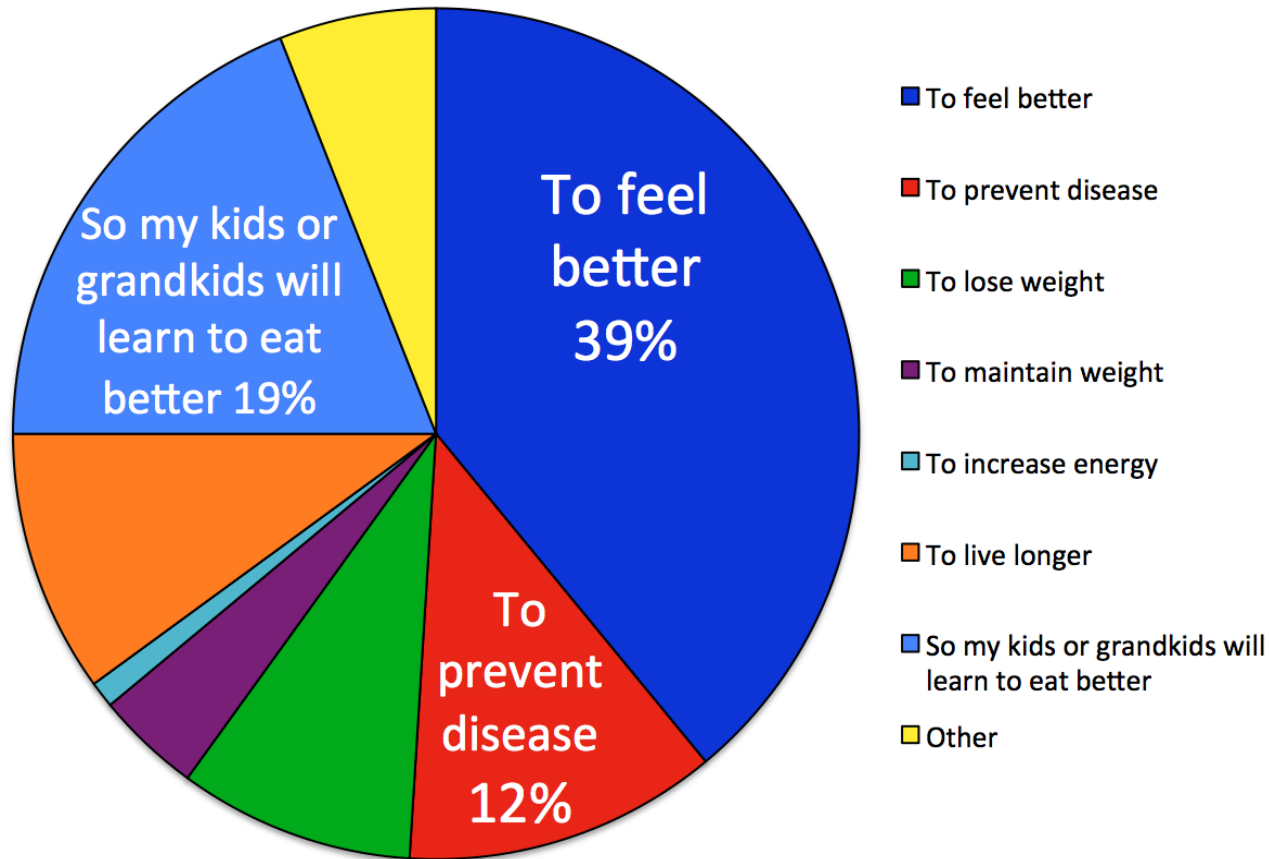
## Self-Efficacy





# Results: Perceived Benefits

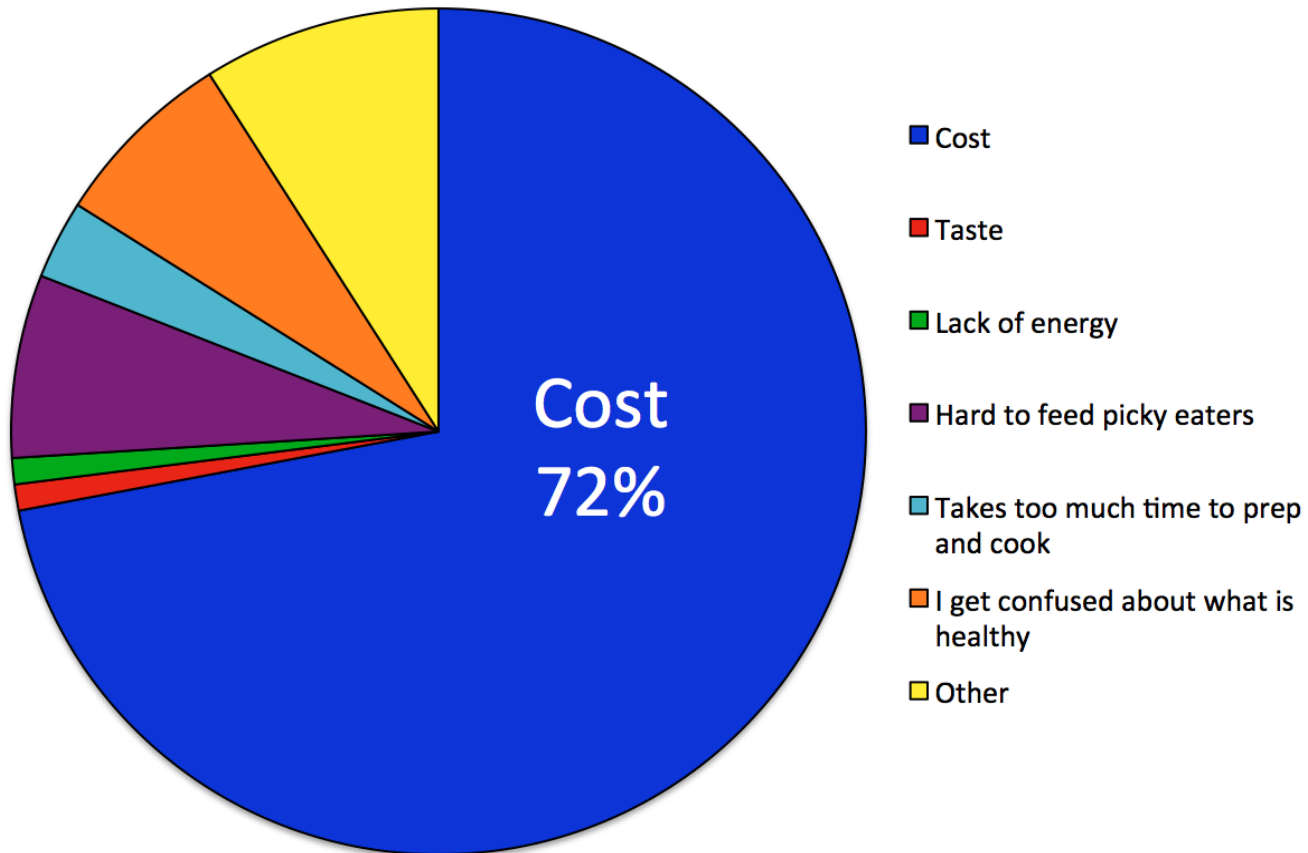
## What is the top reason that makes you want to eat healthier foods?





# Results: Perceived Barriers

## What is the top reason that stops you from eating healthier foods?



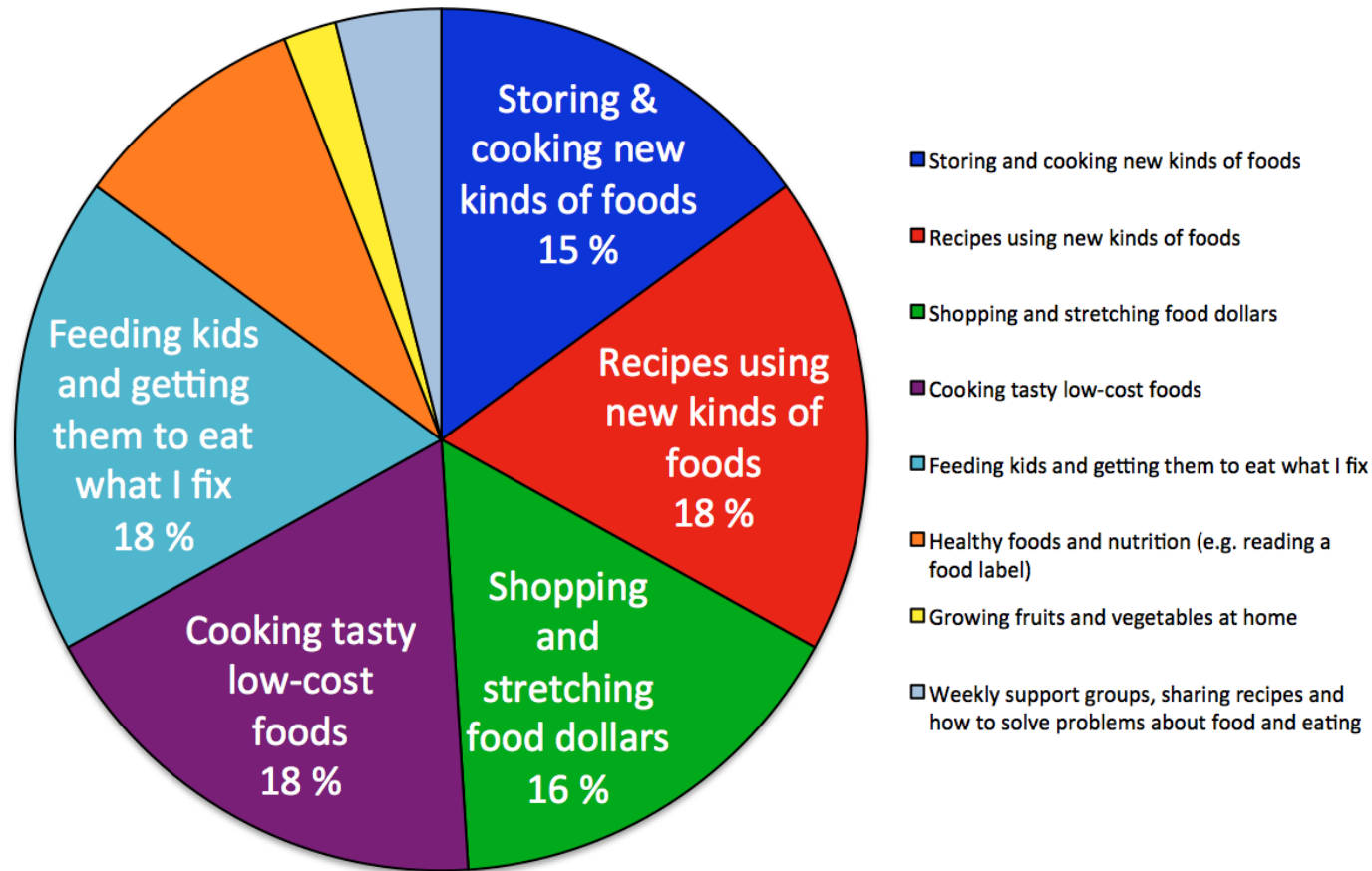




# Results: Interest in Nutrition Education



## What is the top thing you want to learn about?





# Conclusions and Implications



## **Conclusions**

- Diverse group
- High self-efficacy
- Relevant benefits and barriers

## **Implications**

- Focus on:
  - Feeling better
  - Being a healthy role model
- Combat:
  - Cost



Thank You!



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