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2013 First Federal InternshipsFirst Federal Internships

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## Newberg F.I.S.H Food Demonstration

Nora Burnfield  
*Linfield College*

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# Newberg F.I.S.H Food Demonstration Internship

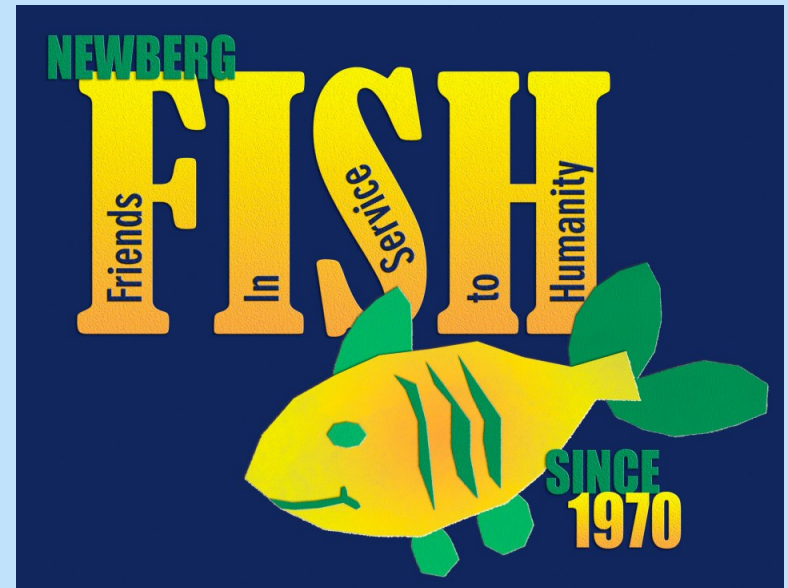


**NORA BURNFIELD**  
**MAY 14, 2013**

# Newberg Friends in Service to Humanity



- Emergency services and food pantry
  - Food, dental and prescription aid, motel stays
- Serves the Newberg community
- 315 families/month served
- Volunteer run





Fresh produce  
donated primarily  
by Mustard Seed  
Farms

Underused by clients

- Intimidating
- Unfamiliar
- Unwelcoming

And so an internship  
was born...



**Produce Room**

# Goals



- ❖ Develop food demonstration program
- ❖ Spruce up produce room
- Increase the use of fresh produce
  - “Wean them off of the mac n’ cheese”
- Encourage healthy eating



# What I Did



- Research, research, research
  - Benefit of vegetables
  - Food demonstration programs
  - Recipes
- Talked to YCAP
- Met with supervisor
- Fantasized

## What is produce good for?

Refer to table on inside fold for nutrient information.

### Leafy Greens:



Kale, chard, collard greens, mustard greens, spinach.

Rich in many nutrients:

- Calcium
- Iron
- Potassium
- Protein
- Vitamin A
- Vitamin C
- Vitamin E
- Vitamin K

### Green Veggies:



Broccoli, asparagus, avocado, brussels sprouts, cabbage, cucumbers, peas.

Good for:

- Vitamin C
- Vitamin K
- Protein

### Others:

#### Squash-



Potassium, Vitamin A

**Orange veggies** (carrots, sweet potato, winter squash) –



Vitamin A

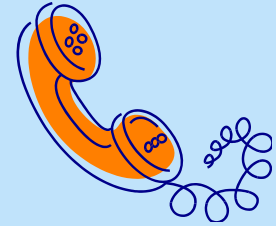
#### Citrus and Berries-



Vitamin C, Vitamin K

# Speed Bumps

- Lack of clear vision
- Communication issues
- Funding
- Scheduling





# Outcomes

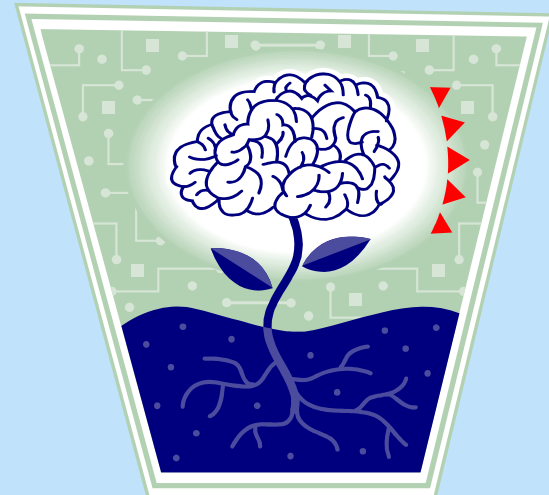


- Plan for the future:
- Committee
- Resources compiled
- Tentative date set
- Ideas for the produce room

# What I Learned



- Number of components in creating a program
- What goes into the organization
- How much I care about this cause
- Deadlines
- “Responsibility”



# THANK YOU TO...



- Mom
- Judith
- First Federal