SNAP-Ed Toolkit

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Nutrition Environment Food Pantry Assessment Tool

University of Illinois

Overview

The Nutrition Environment Food Pantry Toolkit is a PSE change intervention designed to create pantry spaces where the healthy choice is the easy choice and that promote dignity and inclusivity. The toolkit includes site implementation materials that support pantries and technical assistance providers in carrying out small and large-scale interventions specific to food distribution styles, pantry layout, promotion techniques of healthful foods, variety of fruits and vegetables available, accessibility of information about community resources, and meeting the needs of diverse pantry audiences. Pantry-level interventions are meant to be low or no-cost. The toolkit includes the Nutrition Environment Food Pantry Assessment Tool (NEFPAT), a validated environmental assessment that quantifies the nutrition environment of food pantries. It also includes NEFPAT-user training materials. Target Behavior: Healthy Eating, Food Insecurity/Food Assistance Intervention Type: PSE Change

Intervention Reach and Adoption

NEFPAT targets food pantry clients across all demographics in stand-alone food pantries/banks, mobile pantries, and pantries in other settings (schools, faith-based, etc.) in rural and urban communities. In FY18, 88 Illinois pantries adopted at least 1 nutrition support (69.3%). In FY19, 85 pantries adopted at least 1 nutrition support with 403 total nutrition supports adopted across Illinois including 32 policy changes, 142 systems changes, 94 environmental changes, and 135 promotional efforts for a PSE change. Setting: Food Pantry Clients Target Audience: Homeless/Food Pantry Clients Race/Ethnicity: All

Intervention Components

Toolkit users complete an intervention in 5 phases. The recommended process for a Nutritious Food Pantry...
Environmental intervention includes 1) partner engagement and relationship building, 2) pre-assessment, 3) action planning, 4) intervention, and 5) post-assessment 4-6 months after the initial assessment. This cycle can continue until the pantry achieves sustainable practices. The toolkit includes NEFPAT training materials and resources for conducting a food pantry environmental assessment. These components provide the information needed to conduct NEFPAT assessments with fidelity and should remain intact. The completed NEFPAT pre-assessment and Technical Assistance & Resource Guide are used during the action planning stage. The additional implementation materials serve as supports for implementing PSE changes during the intervention phase.

### Intervention Materials

Intervention materials are available on the [website](https://snapedtoolkit.org/interventions/programs/nutrition-environment-food-pantry-assessment-tool/) and include:

- NEFPAT tool and training video/documents
- Intervention
- Process and strategies map
- Sample follow-up report and action plan
- Technical Assistance Resource Guide
- Printable resources (sample policies, flyers, shelf-talkers, produce handling/storage materials, healthy donation templates, food prep videos, photo recipes etc.)

Additional implementation materials will be released as developed. A website that will host resource and implementation materials is currently under construction.

### Intervention Costs

Materials available at no cost.

### Evidence Summary

The toolkit implementation materials are considered a practice-tested intervention (see Intervention Reach and Adoption and Evaluation Indicators sections for statistics in IL.) In a peer-reviewed *Journal of Nutrition Education and Behavior* publication, the NEFPAT was found to be a content valid and interrater reliable instrument for evaluating the food pantry nutrition environment. The overall tool and each of its objectives had high content validity when evaluated by emergency food experts. The average rating of each objective was 3.9 out of 4.0, ± 0.1. Interviews with pilot-testers indicated NEFPAT was positively received and a valuable asset in the field. Pilot-testers suggested minor changes to increase clarity and collect pantry characteristics. Pilot-testers found that observations took ~20–30 minutes to complete, with additional time for pantry engagement. Developers determined that inter-rater reliability for NEFPAT was above the strong threshold (>0.7).

**Evidence-based Approach:** Research-tested

### Evaluation Indicators
Based on the SNAP-Ed Evaluation Framework, the following outcome indicators can be used to evaluate intervention progress and success.

<table>
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<th>Readiness and Capacity – Short Term (ST)</th>
<th>Changes – Medium Term (MT)</th>
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- ST5b: 10.6% of new pantry sites partnering with SNAP-Ed for PSE interventions in FY 17-18
- ST5b: 69.3% of pantry sites with documented readiness for change (NEFPAT assessment conducted)
- ST7: 18.4% of PSE pantry partnerships in Illinois in FY 17-18
- MT5: 276 nutrition supports adopted in Illinois in FY 17-18
- MT5a: 69.3% of pantries that adopted at least 1 PSE change in Illinois in FY 17-18
- MT5b: 8.7% of policy changes in Illinois in FY 17-18
- MT5c: 37.7% systems changes in Illinois in FY 17-18
- MT5e: 26.8% environmental changes in Illinois in FY 17-18
- MT5f: 45,328 potential persons encountering/influenced by PSE change in Illinois in FY 17-18
- LT5a: 52.3% of IL partner pantries implementing a multi-component, multi-level intervention in FY 17-18
- LT5c: 56.8% of partner pantries showing improved NEFPAT scores and made a least one PSE change in FY 17-18

**Evaluation Materials**

This toolkit utilizes the Nutrition Environment Food Pantry Assessment Tool to capture PSE changes in food pantries. A NEFPAT post-assessment is conducted 4-6 months after the pre-assessment and initial intervention period. Repeat NEFPAT assessments can be completed to evaluate additional intervention periods until sustainability is achieved.

**Additional Information**

**Website:** The [NEFPAT website](https://snapedtoolkit.org/interventions/programs/nutrition-environment-food-pantry-assessment-tool/) includes training, assessment, and implementation materials for NEFPAT.

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