

Welcome!

Important info for today's session:

1. Slides are available on the event page:
<https://militaryfamilieslearningnetwork.org/event/34434>
2. Need tech support?
Email us at MilFamLN@gmail.com
(write this down in case you need it later)
3. Select "All Panelists & Attendees" from the drop-down when commenting in the chat pod.



1

Building Partnerships Beyond Policy with Your Commissary

<https://militaryfamilieslearningnetwork.org/event/34434>



2

Connecting military family service providers and Cooperative Extension professionals to research and to each other through engaging online learning opportunities

<https://militaryfamilieslearningnetwork.org>



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Today's Presenter



Kirsten O'Neil, MS

- Health & Wellness Coordinator, Defense Commissary Agency
- MS, Human Resource Development
- Research interests surround equity, advocacy, and social movements



4

What is the Commissary?

**Have you partnered with us before?
Another grocer?**

5

Your Commissary

- A DoD jeweled asset
- We've done the work
- The largest reach
- We're a grocery store, not a cardiac care unit



6

Agenda

- Resources
- Day in the life of a store director
- Areas to partner
- Questions

7

Improve the Nutrition Quality in the Diet

Cook More Meals at Home
Thinking Outside the Box

Build a Healthy Basket
Nutrition Guide Program

Meal Destination
Ready to Eat Meals

8

Improve the Nutrition Quality in the Diet

Meal Planning
Dietitian-Approved Meals

9

Thinking Outside the Box

Save a Healthy 20%

The "Thinking Outside the Box" items are back in stock for your busy lifestyle that you can't leave behind. Making the most of your commissary. For 2019, we have added suggestions on how to use the software items after preparing your meal. They feature a key ingredient and give you the recipe guidelines for preparation and serving size. The items are available in our commissary. Find the ingredients for the label "Thinking Outside the Box" items. **SAVE MORE**

It's Worth the Trip!

Pork Loins & Sauerkraut

... (text continues) ...

Ingredients

- 1 lb. Pork Loins
- 1/2 cup Sauerkraut
- 1/2 cup Onion
- 1/2 cup Garlic
- 1/2 cup Butter
- 1/2 cup Salt
- 1/2 cup Pepper
- 1/2 cup Paprika
- 1/2 cup Mustard
- 1/2 cup Vinegar
- 1/2 cup Oil

Directions

- Preheat oven to 375°F.
- Remove pork from packaging and pat dry with paper towels.
- Place pork in a large roasting pan. Add sauerkraut, onion, garlic, butter, salt, pepper, paprika, and mustard. Pour vinegar and oil over the pork.
- Roast for 1 hour, basting with pan juices every 30 minutes.
- Let rest for 10 minutes before serving.

10

Nutrition Guide Program (NGP)



Your Guide to Nutrition



Dietitian Approved
We did the work for you! Use the guide to help meet your health and wellness needs.

Build Your Basket With Us!

- Shop online
- Shop in-store
- Shop mobile
- Shop via text
- Shop via email
- Shop via social media
- Shop via phone
- Shop via fax
- Shop via mail
- Shop via courier
- Shop via drone
- Shop via robot
- Shop via AI
- Shop via VR
- Shop via AR
- Shop via MR
- Shop via XR
- Shop via VR/AR/MR/XR
- Shop via VR/AR/MR/XR/VR/AR/MR/XR

Recommended
Check for the latest news, challenges & tips on our website.



Low Sodium
Items that are low in sodium, 100mg per serving & less.

Whole Grain
Items that are made with whole grain & contain at least 5g whole grain.

No Sugar Added
"No Added Sugar" & "Without Added Sugar" are absent of the sugar or sugar-containing ingredients & added during processing.

Low Fat
Items that contain 0.5g total fat per serving. For Meals, Main Dishes, 1/2g total fat per 100g.

Fiber
Items with at least 1.5g Daily Value for Fiber per serving & are low fat.

Organic
Items that have been certified as "USDA Organic."



11

What are the four pillars on how the Commissary is improving the nutrition quality in the diet?

12

A Day in the Life

- Number one goal: Sell groceries
- Keep the store stocked
- Intentions vs. what happens



13

Driven by Demand



14

Can't Buy it if it's Not on the Shelf



15

Training and Events



16

Never a Dull Moment



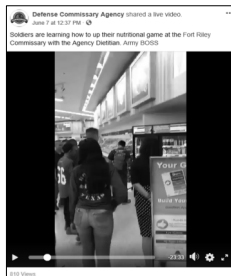
17

What You Can Do



18

Train the Trainer



19

Lethality in action

Maintaining lethality isn't just training for and recovering from missions, it's ensuring your body is fueled for the fight. Listen as Deb Harris and members of the Joint Force explain what the Defense Commissary Agency is doing to improve lethality and educate service members on healthy eating. See less



<https://www.facebook.com/SEACJCS/videos/2357527611156781/>

20

Building Endorsers



21

Dietitian Approved Meal Solutions



22

Your Commissary

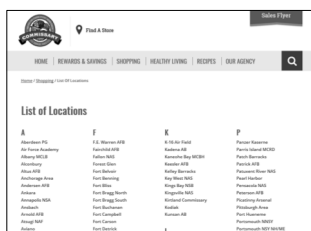
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- We've built the resources
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- We're a grocery store, not a cardiac care unit



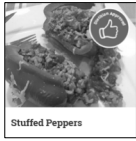
23

Next Step

- Commissaries.com
- Contact your Store Director
- Plan 3 events



Questions?



Stuffed Peppers



Better Than Takeout:
Shrimp Fried Rice



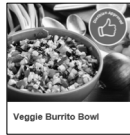
Chicken Stuffed Tomatoes



Strawberry Mango Salsa



Speedy Microwave
Chicken Quesadilla



Veggie Burrito Bowl

25

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26

Connect with the MFLN

Explore upcoming events, articles, resources, and more
<https://militaryfamilieslearningnetwork.org>



27

Upcoming Event

Empowering Diabetes Self-Management Utilizing the Latest Technology in Personal Blood Glucose Monitoring

- November 12, 2019
- 11:00 – 12:00 pm ET
- <https://militaryfamilieslearningnetwork.org/event/34462>



For archived and upcoming webinars visit:
<https://militaryfamilieslearningnetwork.org>



28

Evaluation & Continuing Education

Today's webinar is valid for **1.0 CPEU** from the Commission on Dietetic Registration.

Go to the event page for evaluation and post-test link:
<https://militaryfamilieslearningnetwork.org/event/34434/>

Continuing Education Credit/Certificate

Questions? Email Kristen DiFilippo at kdifilip@illinois.edu



29
