**Model for Diabetes Education with Food Pantry Customers**

1. Goal: engage food pantry clients who have diabetes in diabetes self-management and control.
2. Form a team that involves food pantry leaders, the regional food bank, the health department, and any other stakeholders.
3. Components of the diabetes control program are as follows.
   1. Screen food pantry clients to ID those with diabetes. The most straightforward way is self-report – ask customers if they have ever been told they have diabetes.
   2. Referral and follow up system for those with diabetes who do not have a doctor. You will need to partner with a health care agency that serves people regardless of their ability to pay.
   3. Healthy-foods boxes specifically for people with diabetes.
      1. Select the foods that will be in the box. We can help you with this selection.
      2. You will need to partner with the food bank to identify which of these foods are available.
      3. Partner with local churches and other agencies to supply the foods that are not available through the food bank.
   4. Diabetes education. Feeding America recommends that it focus on understanding diabetes, diabetes self-management skills training, and problem solving and coping skills. Some methods are:
      1. Brief, colorful, educational materials in the food boxes
      2. Offering diabetes self-management classes on site. These need to be concise and to the point so that clients are not put off by long term time commitments.
         1. A good option is offer cooking classes at the time the pantry is open. Of course this requires a kitchen on site.