

# Duo for Health



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**HUNGRY FOR ACTION**  
OKLAHOMA'S ANTI-HUNGER  
CONFERENCE

#HungryForActionOK





**DOUBLE UP™**  
**OKLAHOMA**  
**DUO FOR HEALTH**

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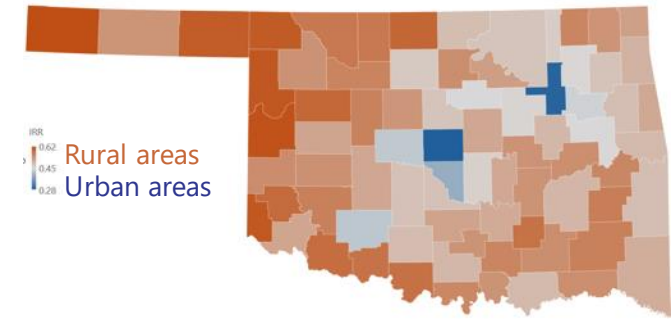
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**Hungry for Action Conference**  
**September 26, 2024 | 10-11 am**

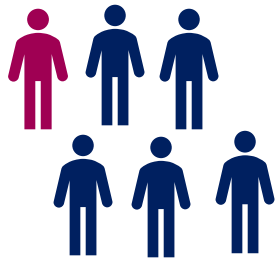


# Oklahoma Landscape

A primarily rural state,  
Oklahoma ranks **45<sup>th</sup>** nationally for food security.



**16.7%** Food Insecurity Rate overall



1 in 6 people



1 in 4 children

**81%** of  
OK SNAP customers  
don't purchase  
**healthy food** because  
it's **too expensive**

Poor Dietary Quality

**49<sup>th</sup>**

**Fruit & Vegetable  
Consumption**

**Only 5%**

of OK adults with diabetes or  
hypertension meeting minimum  
of 5 fruit/veg daily

Oklahoma Ranks Poorly in Nutrition-related Chronic Health Conditions

**41<sup>st</sup>**

**Diabetes**

**43<sup>rd</sup>**

**High Blood Pressure**

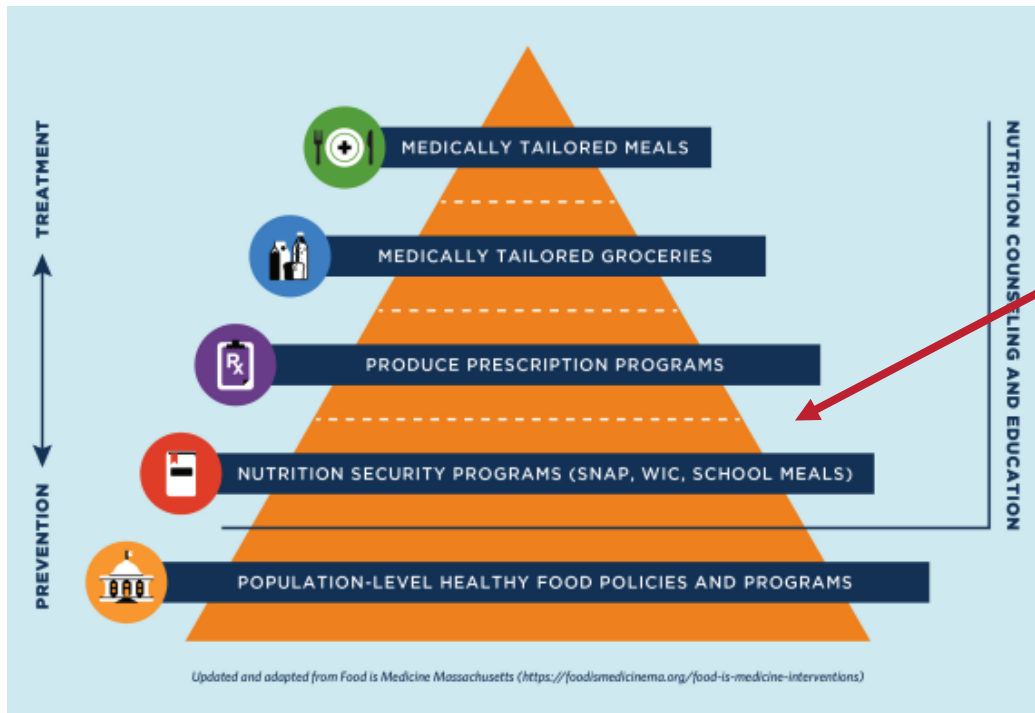
**48<sup>th</sup>**

**Obesity**





## Food is Medicine Pyramid



**The Opportunity:**  
In 2020, Hunger Free Oklahoma was awarded a **nutrition incentive program** grant to expand the **Double Up Oklahoma (DUO) Program** from farmers' markets into grocery stores with an emphasis on rural communities.

# What is Double Up Oklahoma?

- \$1 for \$1 match of any SNAP eligible purchases, up to \$20 per day
- Double Up incentives can be used to purchase fresh fruits & vegetables





## The Challenge:

Nationally, **fewer than 40%** of nutrition incentive vouchers **are redeemed**.

How can we **spread the word** to SNAP consumers in Oklahoma who are living with diet-related chronic diseases about **DUO** as a **new opportunity to take control of their health?**

# The Power of Physician Advice



## ORIGINAL CONTRIBUTION

### How Does Physician Advice Influence Patient Behavior?

#### *Evidence for a Priming Effect*

Matthew W. Kreuter, PhD, MPH; Shobhina G. Chheda, MD, MPH; Fiona C. Bull, PhD

**Objective:** To explore a potential “priming effect” of physician advice on patient responses to behavioral change interventions.

**Design:** Randomized controlled trial with a 3-month follow-up.

**Setting:** Four community-based group family medicine clinics in southeastern Missouri.

**Participants:** Adult patients (N = 915).

**Interventions:** Printed educational materials designed to encourage patients to quit smoking, eat less fat, and increase physical activity.

**Main Outcome Measures:** Recall, rating, and use of the educational materials; changes in smoking behavior, dietary fat consumption, and physical activity.

Compared to the control (printed materials only), patients who received physician advice to quit smoking, eat less fat, or get more exercise were more likely to:

- remember the materials
- show them to others, and perceive the materials as applying to them specifically
- Initiate health behavior change

# Do Providers Counsel on Nutrition?

Opinion

- National studies suggest provider-initiated counseling on lifestyle is rare or infrequent.
- Research suggests **more than half of patients with diabetes have yet to receive any formal nutrition counseling for blood sugar management.** Similarly, **patients with hypertension only receive nutrition counseling by their medical providers one-third of the time.**
- National surveys indicate that patients identify their physician in their top 2 for trusted nutrition advice (dietitian is #1).
- Providers often report a **lack of confidence** in lifestyle counseling (tobacco most confident, but far less for nutrition and physical activity counseling).

## VIEWPOINT

### Nutrition Counseling in Clinical Practice How Clinicians Can Do Better

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**Despite overwhelming evidence** that relatively small dietary changes can significantly improve health, clinicians seldom discuss nutrition with their patients. Poor nutritional intake and nutrition-related health conditions, such as cardiovascular disease (CVD), diabetes, obesity, hypertension, and many cancers, are highly prevalent in the United States,<sup>1</sup> yet only 12% of office visits include counseling about diet.<sup>2</sup> Even among high-risk patients with CVD, diabetes, or hyperlipidemia, only 1 in 5 receive nutrition counseling.<sup>2</sup> It is likely that many patients receive most of their nutrition information from other, and often unreliable, sources.

These data may reflect the minimal training, time, and reimbursement allocated to nutrition counseling (and preventive services in general) in clinical practice.<sup>3</sup> Most physicians and other health care professionals receive limited education on nutrition in medical school (or other professional schools) or in postgraduate training. Just 25% of medical schools offer a dedicated nutrition course, a decline since the status of nutrition education in US medical schools was first assessed in 1985, and few medical schools achieve the 30 hours of nutrition education recommended by the National Academy of Sciences.<sup>4</sup> As a result, physicians report inadequate nutrition knowledge and low self-efficacy for counseling patients about diet.<sup>2</sup> In addition, time pressures, especially in primary care, limit opportunities to counsel on nutrition or address preventive issues beyond patients' acute complaints. Lack of time is frequently cited as the greatest barrier to counseling on nutrition and obesity.<sup>3</sup>

Moreover, nutrition and behavioral counseling have traditionally been nonreimbursed services. Few state Medicaid programs cover nutrition or obesity counseling, and before 2012, Medicare explicitly excluded coverage for obesity counseling, although now a reimbursed service for Medicare beneficiaries, just 1% of eligible Medicare beneficiaries receive this counseling.<sup>5</sup> Dietitian counseling is also excluded by Medicare, unless patients have diabetes or renal disease. Although the Affordable Care Act mandates coverage for services graded A or B by the US Preventive Services Task Force, including nutrition counseling for patients with CVD risk factors and obesity counseling for patients with a body mass index of 30 or greater, existing private health insurance benefits are inconsistent, and the covered services are often unclear to both clinicians and patients, thereby limiting use.

Furthermore, health behavior change counseling is often frustrating given the current food environment, in which less nutritious foods tend to be less expensive, larger portioned, more easily accessible, and more heavily marketed than healthier options, making patient adherence to nutrition advice challenging.<sup>6</sup> Conflicting and confus-

ing nutrition messages from popular books, blogs, and other media further complicate patient decision making.

Despite these unfavorable trends, there has been progress in this area. The evidence base supporting the benefits of nutrition intervention and behavioral counseling is expanding. Renewed focus on nutrition education in health care professional training is being driven by both student demand and the health care system. Although time pressures and reimbursement remain impediments, incentives and reimbursement options for nutrition and behavioral counseling are growing, and value-based care and health care team approaches hold promise to better align time demands and incentives for long-term care management. Initiatives to integrate clinical care and community resources offer opportunities to leverage resources that alleviate the clinician's time commitment. There is evidence of some success; for instance, the amount of sugar-sweetened beverages consumed by individuals in the United States has declined substantially over the past 10 years.<sup>7</sup>

Clinicians can take the following reasonable steps to include nutrition counseling into the flow of daily practice:

1. Start the conversation. Several short, validated screening questionnaires are available to quickly assess need for nutrition counseling, such as the Starting the Conversation tool<sup>8</sup> (Table). This approach can be efficiently used prior to seeing the patient at an appointment, either delivered by medical assistants as part of vital sign assessment or as prescreening paperwork for patients to complete online or in the waiting room.
2. Structure the encounter, using methods such as the "5 As" (assess, advise, agree, assist, arrange), which has been adapted from tobacco counseling. Motivational interviewing, which has documented efficacy in numerous behavior change settings, is particularly helpful to engage patients who are not yet committed or are hesitant to consider behavioral change.
3. Focus on small steps. Changing lifelong nutrition behaviors can seem overwhelming, but even exceedingly small shifts can have an effect (Table). For example, increasing fruit intake by just 1 serving per day has the estimated potential to reduce cardiovascular mortality risk by 8%, the equivalent of 60 000 fewer deaths annually in the United States and 1.6 million deaths globally.<sup>9</sup> Other examples include reducing intake of sugar-sweetened beverages, fast food meals, processed meats, and sweets, while increasing vegetables, legumes, nuts, and whole grains. Emphasize to patients that every food choice is an opportunity to accrue benefits, and even small ones add up. Small substitutions still allow for "treats," such as replacing potato chips and cheese dip with tortilla chips and salsa, the latter

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# DUO For Health



# What is DUO for Health?

A DUO outreach service that provides:

- Fruit/Vegetable Focused Brochures, Recipes, and Cooking Methods Cards
- Optional outreach support from a “DUO for Health ambassador” during healthcare-sponsored wellness events



DUO for Health Tri-Fold Brochure



Example Recipe & Methods Card



DUO for Health Ambassador Option for Healthcare-Sponsored Community Wellness Events

# DUO for Health Team

## Content Development



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## Community Outreach



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# DUO for Health Goals

<b>Improve Access to Nutrition Education Materials</b>	<b>Promote DUO in Context of Healthcare Visit</b>
<b>Support Provider Confidence in Fruit/Veg Focused Nutrition Counseling</b>	<b>Increase Provider Awareness about DUO</b>

# Who Can Be a DUO for Health Provider?

Must provide **healthcare to adults** with **hypertension** or **diabetes** who **live in a community** with **at least one DUO grocery store**:

- **Altus** (Jackson)
- **Ada** (Pontotoc)
- **Clinton** (Custer)
- **Enid** (Garfield)
- **Fredrick** (Tillman)
- **Hobart** (Kiowa)
- **Jay** (Delaware)
- **Lawton** (Comanche)
- **Mangum** (Greer)
- **Muskogee** (Muskogee)
- **Okemah** (Okfuskee)
- **Perry** (Noble)
- **Seminole** (Seminole)
- **Tulsa** (Tulsa)
- **OKC** (Oklahoma)

Must be seeing patients who are **currently enrolled in SNAP** or who **qualify for SNAP**.



# DUO for Health Website

<https://www.hungerfreeok.org/duo-for-health>



Do you provide healthcare to adults with diabetes or hypertension who live in Ada, Altus, Clinton, Enid, Fredrick, Hobart, Jay, Lawton, Mangum, Muskogee, Okemah, Perry, Sand Springs, Seminole, Tulsa, or Oklahoma City?

As an extension of the Double Up Oklahoma (DUO) program, DUO for Health aims to improve fruit and vegetable access and intake among Oklahomans with chronic disease who participate in SNAP.

We are seeking healthcare partners, who patients view as trusted sources of nutrition advice, to help spread the word about the health benefits of eating fruits and vegetables.

Empower your patients to eat more fruits and vegetables for better health.

[Request DUO for Health Materials](#)

[Request a DUO for Health Ambassador](#)



SCAN for WEBSITE

## Learn More

[What is DUO for Health?](#)

[Why DUO for Health?](#)

[How will my patients benefit?](#)

[References](#)

## Getting Started

[How can my practice become a DUO for Health partner?](#)

[Not ready to enroll but want to learn more?](#)

## Resources

[Request a DUO for Health Ambassador for Your Event](#)

[Patient Brochures](#)

[Patient Recipes](#)

[Simple Ways to Prepare Vegetables](#)

[Vegetable Cooking Skills Videos](#)



# Enrollment is as Easy as 1-2-3!

1. Complete a short **enrollment survey** to help us better understand your patient population and current use of nutrition in patient care
2. Receive your first bundle pack of DUO for Health materials and provide to patients with diabetes or hypertension during routine medical visits
3. Request a refill by completing another short **follow-up survey** about your experience and satisfaction with materials

SCAN to ENROLL



# 3-minute break



- Write down **everything** you ate or drank yesterday
- How many **colors** can you find?





# Talking Points for Providers

## FRUITS AND VEGETABLES CAN IMPROVE YOUR HEALTH



Fruits and vegetables contain many special nutrients that protect against cancer, high blood pressure, heart disease, and diabetes.



Fruits and vegetables with meals can even lower average systolic blood pressure by up to 7.2 points for people with high blood pressure.<sup>2</sup>

Covering half your plate with colorful fruits and vegetables at breakfast, lunch, and dinner may help to reduce your need for certain blood pressure and blood sugar medications over time.<sup>1</sup>



New studies suggest these foods can also support overall happiness and mental wellbeing throughout the day.<sup>3</sup>



**DOUBLE UP<sup>™</sup> OKLAHOMA**  
A PROGRAM OF HUNGER FREE OK

The Double Up Oklahoma (DUO) Program provides Supplemental Nutrition Assistance Program (SNAP) beneficiaries with a one-to-one match to purchase healthy, locally-grown fruits and vegetables at participating Farmers Markets and Grocery Stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word about the health benefits of eating more fruits and vegetables.

Visit [www.doubleupoklahoma.org](http://www.doubleupoklahoma.org) to find a location near you.

Content developed and reviewed by Marianna Wetherill, PhD, MPH, RDN/LD. This institution is an equal opportunity provider. This work is supported by the Gus Schumacher Nutrition Incentive Program from the USDA National Institute of Food and Agriculture.

References:  
[1] Wang PX, Fang J-C, Gao ZH, Zhang C, Xia SY. Higher intake of fruits, vegetables or their fiber reduces the risk of type 2 diabetes: A meta-analysis. *J Diabetes Investig.* 2016;7(1):56-69. [2] Appel LJ, Moore TJ, Obarzanek E, et al. A Clinical Trial of the Effects of Dietary Patterns on Blood Pressure. *N Engl J Med.* 1997;336(16):1117-1124. [3] Mujicic R, Oswald A. Evolution of Well-Being and Happiness After Increases in Consumption of Fruit and Vegetables. *Am J Public Health.* 2016;106(8):1504-1510; Conner TS, Brookie KL, Carr AC, Mairiwi LA, Vissers MC. Let them eat fruit! The effect of fruit and vegetable consumption on psychological well-being in young adults: A randomized controlled trial. *PLoS One.* 2017;12(2):e0171206. Published 2017 Feb 3. doi:10.1371/journal.pone.0171206

Ready to take the color challenge, but not sure where to start? Here are a few ideas:

### BREAKFAST



Top hot or cold cereal with berries or sliced bananas



Top toast with smashed avocado and sliced tomatoes



Top diced apples with low-sugar yogurt and slivered almonds



Whip up a smoothie with 3/4 cup unsweetened almond milk or low-fat milk with 1 cup fresh/frozen fruit



Sauté vegetables of your choice and combine with eggs or tofu

### LUNCH



Pack an apple, orange, or banana with your daily lunch instead of chips



Top 2 cups romaine lettuce with shredded carrots, tomatoes, and 1/2 cup chickpeas



Add diced apples and onion to your tuna or chicken salad



Top 2 cups fresh baby spinach with diced apple and dried cranberries and 1-2 Tbsp. sunflower seed kernels



Drink a can of low-sodium vegetable juice along with any meal

### DINNER



Replace store-bought coleslaw with a homemade purple cabbage and orange carrot slaw



Mix up your grill routine with tri-color bell peppers, onions, and fresh melon



Cook up a warm black bean chili with butternut squash or sweet potatoes



Roast your favorite vegetables, combine with white beans and low-sodium broth and blend to make a thick bisque soup



Add fresh swiss chard or spinach to lentil soup

### SNACKS



Top toast with peanut butter and fresh berries



Enjoy carrots or fresh bell pepper with hummus



Freeze purple or green grapes for a sweet snack



Slice a kiwi in half and eat with a spoon



TAKE THE COLOR CHALLENGE FOR HEALTH



## Meal Ideas for Patients



# TAKE THE COLOR CHALLENGE!

Add a new color to your plate at each meal until you are eating 1-2 color varieties of fruits and vegetables each day.



All fresh and frozen fruits and vegetables are good choices.



The chart below includes varieties that are highest in three special nutrients that fight high blood pressure: potassium, magnesium, and/or calcium.



The fiber in whole fruits and vegetables make these foods safe and healthy choices for diabetes.

FRUITS	<b>Red</b>	Red apples (fuji, gala, red delicious)	Guava	Raspberries	Strawberries	Watermelon	VEGETABLES	Tomatoes	Red potatoes (with peel)	Red onion	Radishes	Red bell pepper	<p>You can make quick, easy, and tasty meals with these foods.</p> <p>Scan the images below with your phone's camera to learn how.</p> <p>Knife Skills</p> <p>Recipes</p>
	<b>Yellow - orange</b>	Bananas	Stone fruits (nectarines, peaches)	Citrus fruits (oranges, tangerines)	Mangoes	Cantaloupe		Yellow squash	Orange & yellow bell pepper	Winter squash (acorn, butternut)	Sweet potato	Carrot	
	<b>Green</b>	Kiwi	Avocado	Honeydew	Tomatillos	Granny smith apples		Dark leafy greens (spinach, swiss chard, beet greens, kale, collard greens)	Okra	Broccoli	Green cabbage (Chinese cabbage, bok choy)	Chayote	
	<b>Blue - Purple</b>	Blueberries	Blackberries	Purple grapes	Plums	Figs		Purple cabbage	Eggplant	Purple potatoes (with peel)	Purple kale	Purple carrots	

Additional Resources for Patients

# Let's Practice!



Using the **take the color challenge** brochure, pair up with your neighbor and practice sharing:

- **4 benefits of eating more F/V on the inner flap**
- presenting from the **information on the inside of the brochure** inviting patient which options they enjoy eating to help them **get more color**
- **QR code** to knife skills videos
- **meal ideas** on the back with a personalized example ,
- how to access the **DUO program** to help eat more F/V



# HOT POTATO CAULIFLOWER SALAD



This savory side is loaded with potassium, a nutrient that supports healthy blood pressure. Enjoy this satisfying version of Hot German Potato Salad that adds non-starchy cauliflower for a delicious twist!

## INGREDIENTS

Serves 6 (1 cup each)

- 1 pound of unpeeled potatoes, diced (Yukon gold, red, or russet)
- 2 tablespoons canola or olive oil
- 2 tablespoons honey
- ½ head cauliflower, cut into small florets (or 12 oz. bag of cauliflower florets)
- 2 teaspoons ground mustard
- ¼ cup apple cider vinegar
- 1 bell pepper, diced (any color)
- ¼ teaspoon salt
- 1 bunch green onions, thinly sliced
- ¼ teaspoon ground black pepper

Items are DUO-eligible for those who qualify.

## DIRECTIONS

1. Place potatoes and cauliflower in a steamer basket. Cover and steam for 15 minutes or until vegetables are tender.
2. Meanwhile whisk together oil, honey, ground mustard, vinegar, salt, and pepper in a large bowl.
3. Add bell pepper and green onions to the vinaigrette and mix.
4. Once potatoes and cauliflower are tender, mix with all ingredients while still hot.
5. Serve immediately. Leftovers can be reheated in the microwave or enjoyed cold.

**INGREDIENT SWAPS:** Also try spicy mustard, Dijon, or adding additional whole mustard seed.

Nutrients per serving: 148 calories, 5 g total fat (0 g saturated), 24 g total carbohydrates (3 g dietary fiber), 3 g protein, 118 mg sodium, 492 mg potassium, 32 mg calcium, 31 mg magnesium



Back of recipe cards explain how to access DUO program

QR Codes for Free Knife Skills Videos and More Recipes

Recipe headnotes **explain health benefits** of foods in recipe

All recipes include **≥50% DUO-eligible items**

**Easy to follow** directions with **minimal steps**

**Ingredient substitutions** to honor food preferences and availability



The Double Up Oklahoma (DUO) Program provides Supplemental Nutrition Assistance Program (SNAP) beneficiaries with a \$1 for \$1 match, up to \$20 per day, to purchase healthy, fresh fruits and vegetables at participating farmers markets and grocery stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word to their patients about the health benefits of eating more fruits and vegetables. Visit [www.doubleupoklahoma.org](http://www.doubleupoklahoma.org) to find a DUO-participating farmers market or grocery store location near you.



This recipe was developed by the OU Culinary Medicine Program and professionally reviewed by a registered dietitian to ensure it aligns with dietary guidelines for people living with type 2 diabetes and cardiovascular disease. For more help with a personalized meal plan based on your health goals, you can ask your provider for a referral to see a registered dietitian.

**Looking for more healthy eating resources?**  
Scan the QR codes below with your phone's camera for free information.



Learn Safe Knife Skills for Fruits, Vegetables, and Fresh Herbs



Explore More Family-Friendly Recipe Ideas



This organization is an equal opportunity provider. This work is supported by the Gus Schumacher Nutrition Incentive Grant Program from the USDA National Institute of Food and Agriculture.



# Let's Practice!



Pair up with your neighbor and practice presenting a **DUO for Health Recipe**.

**Recipes are great...but what about general cooking literacy for making vegetables?**

**We've got methods cards for that!**

# Can YOU match the METHOD?

Grilling



Sautéing



Steaming



Roasting



Broiling



1

Fast way to cook vegetables that is more flavorful and nutritious than boiling.

2

Quick, flavorful way to cook tender vegetables such as zucchini, summer squash, onions, and tomatoes. This method uses overhead radiant heat.

3

Many vegetables and even fruits can be cooked by using heat from underneath where grates make char marks caused by caramelization of natural sugars.

4

Using a small amount of fat in a shallow pan cook small cut vegetables or other foods.


5

Bring out the natural sweetness and natural flavors in most types of vegetables by using an oven, oil, and seasoning of your choice.



# Cooking Method Cards: Moist Heat

- Moist-heat cooking methods use **water, liquid** or **steam** to transfer heat to food.
- **Steaming** is the only moist heat method card available currently.
- Other moist heat methods: poaching, simmering, boiling, braising, stewing, pot roasting.



## STEAM IT!

Steaming is a fast way to cook vegetables that is more flavorful and nutritious than boiling. When vegetables are boiled, many of the vitamins and natural flavors are lost in the cooking water. When vegetables are steamed, the nutrients remain in the vegetable while the water vapors gently cook the food. Steaming naturally brightens the colors of vegetables and makes them easier to chew and digest.


### FOLLOW THESE BASIC STEPS FOR STEAMING NEARLY ANY VEGETABLE

1. Wash and cut vegetables into bite-sized pieces. All vegetables should be about the same size. You are now ready to steam the vegetables on the stove or in the microwave.



**IN THE MICROWAVE**

- Place vegetables in a microwave-safe glass dish filled with a few tablespoons of water. If steaming whole potatoes, pierce with a fork or knife tip before steaming.
- Cover with a microwave-safe glass plate and place in microwave.




**ON THE STOVE**

- In a pot with a lid, place a steamer basket or wire colander in the pot along with about 1/2 inch of water. Bring water to a boil.
- Using tongs or a spoon, place vegetables in the steamer basket. Cover with a lid.

**SAFETY TIP:** Keep away from steam: it can burn!


2. Cook until the vegetables are tender and bright in color.
3. Serve the vegetables warm or cold.


 Smaller and softer vegetables may be ready within 2-3 minutes and harder vegetables, such as new potatoes, will be ready within 5-7 minutes.

See back side for recipe recommendations using these methods.

**BLANCH AND SHOCK**  
Plunge steamed vegetables into a bowl of ice water to prevent overcooking and to keep their colors bright. Remove and drain well. This step prevents the green vegetables from turning brown. An ice water bath should also be used if you are steaming vegetables to use at a later meal.

Watch this cooking method. >






## MASH IT!

Many people have made instant mashed potatoes, but nothing tastes as good as making the real thing! And, just like potatoes, root vegetables can also be mashed and enjoyed as a satisfying side dish. If you are limiting your carbohydrates, cauliflower makes a great substitute for starchier vegetables.

### MASHED ROOT VEGETABLES




**Ingredients:**

- 2 turnips, peeled, cut into 1/2-inch pieces
- 2 large parsnips, peeled, thinly sliced
- 1 rutabaga, peeled, cut into 1/2-inch pieces
- 1 quart low sodium vegetable stock or broth
- 1 bay leaf (optional)
- 1 tablespoon olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

**Directions:**

1. Place cut vegetables, stock, bay leaf, salt, and pepper in a medium sauce pan. Use enough water to cover vegetables with liquid if the stock is not enough.
2. Bring vegetables to a simmer. Stir frequently and cook until all vegetables are fork tender, about 30 minutes depending on the size of the vegetables. Discard bay leaf. Remove pan from heat.
3. Using a potato masher or the back of a wooden spoon, mash vegetables until smooth and creamy. If mixture is too thin, return to heat and simmer until desired consistency.

### MASHED CAULIFLOWER





**Ingredients:**

- 2 (12 ounce) bags of cauliflower (florets or florets) or 1 head of fresh cauliflower
- 2 tablespoons canola oil
- 4 garlic cloves, minced (or 1/2 teaspoon powder or granulated)
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

**Directions:**

1. Place cauliflower in a steamer basket over a large pot of boiling water. Cover with lid. Steam for 15 minutes or until tender. Remove and drain. Set aside but keep warm.
2. In the same pot, heat the canola oil over medium-high heat. Sauté garlic for about 1 minute until fragrant. (Take care not to brown garlic or it will taste bitter.) Remove from heat. Add steamed cauliflower to garlic and oil. Add salt and pepper to pot.
3. Mash cauliflower mixture with a potato masher until nearly smooth. For a smoother texture, you can blend ingredients using an immersion blender or food processor on high setting until smooth for about a minute. Scrape down and blend 1-2 more minutes for a silky, creamy consistency.

Watch this cooking method.



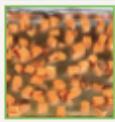
# Cooking Method Cards: Dry Heat

- Cooking in the **absence of a liquid**.
- Heat transfer (cooking) takes place through a dry medium such as air, direct metal or stone, cooking oil, or directly in a flame.

## ROAST IT!

Roasting is an easy way to bring out the natural sweetness and other natural flavors in most types of vegetables. All you need is an oven, sheet pan, oil, and seasonings of your choice.

### BASIC STEPS FOR ROASTING VEGETABLES



1. Preheat oven to 375°F. Choose "convection" setting if this option is available. Line a sheet pan with foil and set aside.
2. Wash vegetables and cut into medium (½") or large-sized (1") pieces. For even cooking, all vegetables should be the same size.
3. In a bowl, toss vegetables in a bit of oil, a pinch of salt, a sprinkle of black pepper, and any fresh or dried herbs and spices, if desired.
4. Add vegetables to the foil-lined sheet pan. For best flavor, allow for a little space between each vegetable so that everything cooks evenly. If you are roasting a lot of vegetables at once, you may need to use two pans.
5. Place the pan in the oven. Do not use a lid or foil to cover foods while roasting—this will create steam and prevent the vegetables from roasting.
6. Roast for 20-40 minutes: Until the vegetables are beginning to brown (caramelize) and soften.

Remove from oven and serve as is, or add a bit of vinegar or citrus juice for extra flavor, if desired.



**TIP:** Some ovens offer a "convection" setting, which blows hot air around the food so that it cooks faster and more evenly. You can still roast foods in your oven with the regular "baking" setting, they just might take a few more minutes to cook.

### COOKING TIMES



The type and size of the vegetable will determine the roasting time needed.



< Watch this cooking method.



## BROIL IT!

Broiling is a quick, flavorful way to cook tender vegetables, such as zucchini and summer squash, onions, tomatoes, eggplant, bell pepper, and asparagus. This method uses an overhead radiant heat—usually the broiler element in your oven—to cook vegetables or other foods from above. Like grilling and roasting, broiling creates flavor by using heat to caramelize the natural sugars in vegetables or other foods.

### SIMPLE STEPS FOR BROILING VEGETABLES



1. Preheat oven to the "broil" setting. Prepare vegetables by slicing or chopping them into desired shape and size (¼"- ½" thick usually works best). Brush with a bit of oil or canola oil or spray with nonstick cooking spray. Lightly sprinkle with salt.
2. Spread vegetables evenly on a foil-lined sheet pan.
3. Place sheet pan on the upper rack in the oven and broil for about 10 minutes, stirring or flipping about halfway through the cooking process.
4. Using an oven mitt, carefully remove vegetables from oven after they have softened, and small black spots have started to appear.
5. Sprinkle with a bit of vinegar, citrus juice, or low-sodium marinade before serving.



**TIP:** For extra flavor, vegetables can be marinated with a mixture of garlic, vinegar or citrus juice, ½ tsp salt, and oil for a few hours or overnight and then broiled.

### BROILED VEGGIE MEAL IDEAS:

Chill broiled vegetables and add to pasta salad.

Broil bell peppers, tomatoes, garlic, and onions, then blend to create a savory homemade salsa or pasta sauce.

Use leftover broiled vegetables in tacos and quesadillas, on sandwiches, or combine chopped vegetables with broth and canned beans for a delicious soup.



< Watch this cooking method.



## GRILL IT!

Grilling isn't just for cooking meat! Many vegetables—and even fruits—can be cooked on an outdoor charcoal or gas grill. As heat builds from beneath the food, the grill grates make black grill marks caused by the caramelization of the natural sugars in the food. To add even more flavor, vegetables can be marinated before cooking.

### BASIC STEPS FOR GRILLING VEGETABLES

1. Before heating the grill, be sure that grates are clean to help keep foods from sticking.
2. Prepare the charcoal or gas grill according to your grill's specific directions: until it reaches a high temperature (400-425° F).
3. Slice vegetables (about ¼" - ½" thick) into large pieces that won't slip through the grill grates. Some vegetables can be grilled whole, like portabella mushrooms or asparagus.
4. If desired, marinate vegetables for about 30 minutes or overnight using a simple low sodium marinade made from citrus juice or vinegar, chopped garlic, a pinch of salt, and oil. If vegetables aren't pre-marinated, toss them lightly in oil or spray them lightly with pan spray (away from the grill) before placing on the grill.
5. Place vegetables directly on the grill grates until grill marks form underneath. Turn the vegetable a quarter turn (on the same side) and allow to cook again. Finally, flip the vegetable over and allow to cook to desired doneness.
6. Remove vegetables from grill and serve immediately. Grilled vegetables can also be refrigerated and enjoyed cold.



**TIPS:** Marinades that have sugar, honey, or tomato product (like ketchup or barbecue sauce) as these products are more likely to stick to the grill and burn easily. Use these products after grilling.

**Want to stay inside?** Try placing a solid surface, indoor grill pan on your kitchen's electric or gas cooktop to get nearly the same grilled effect!

### MEAL IDEAS FOR GRILLED VEGETABLES:

Make a tostada with grilled nopales, black beans and lettuce topped with salsa.

Grill peaches, plums, pineapples, or melons and top with a dollop of lightly sweetened yogurt as a tasty dessert.

Add grilled onions and peppers to create flavorful sandwiches or wraps.



< Watch this cooking method.



## SAUTÉ IT!

Sautéing uses a small amount of fat in a shallow sauté or frying pan to cook small cut vegetables or other foods. In French, the word sauté means "to jump" since sautéed foods are tossed and stirred around the hot pan without allowing foods to remain in one spot for long.

### BASIC STEPS FOR SAUTÉING VEGETABLES



1. Wash vegetables and cut into bite-sized or smaller pieces. For even cooking, all vegetables should be the same size.
2. Heat a sauté pan or skillet over medium-high heat.
3. Add a small amount of canola or olive oil (2-4 teaspoons) to lightly coat the bottom of the pan.
4. Add vegetables and stir with a wooden spoon or silicone spatula for the entire cooking time.
5. Vegetables are ready once they are golden-brown (caramelized).



**TIP:** When sautéing, do not use a lid to cover vegetables while cooking. Adding a lid will steam the vegetables and prevent flavors from developing (caramelization).

Sautéed vegetables are the secret ingredient found in many cuisines around the world. Try using one of these popular combinations to add flavor to your next soup, sauce, or other savory dish:



CARROT  
CELERY  
ONION

GARLIC  
ONIONS  
TOMATO

ONIONS  
CELERY  
GREEN PEPPER

GREEN ONIONS  
GARLIC  
GINGER

### SAUTÉED VEGGIE MEAL IDEAS:

Make an Alambre de verduras with sautéed zucchini, carrots, green bell pepper, red bell pepper, and onions.

Sauté together onion, garlic, zucchini, eggplant, and bell peppers with Italian herbs for a quick ratatouille.

Combine broccoli, carrots, bell pepper, and snow peas with fresh garlic, fresh ginger, and fresh diced green onions; sauté for a quick stir fry.



< Watch this cooking method.



# Let's Practice!



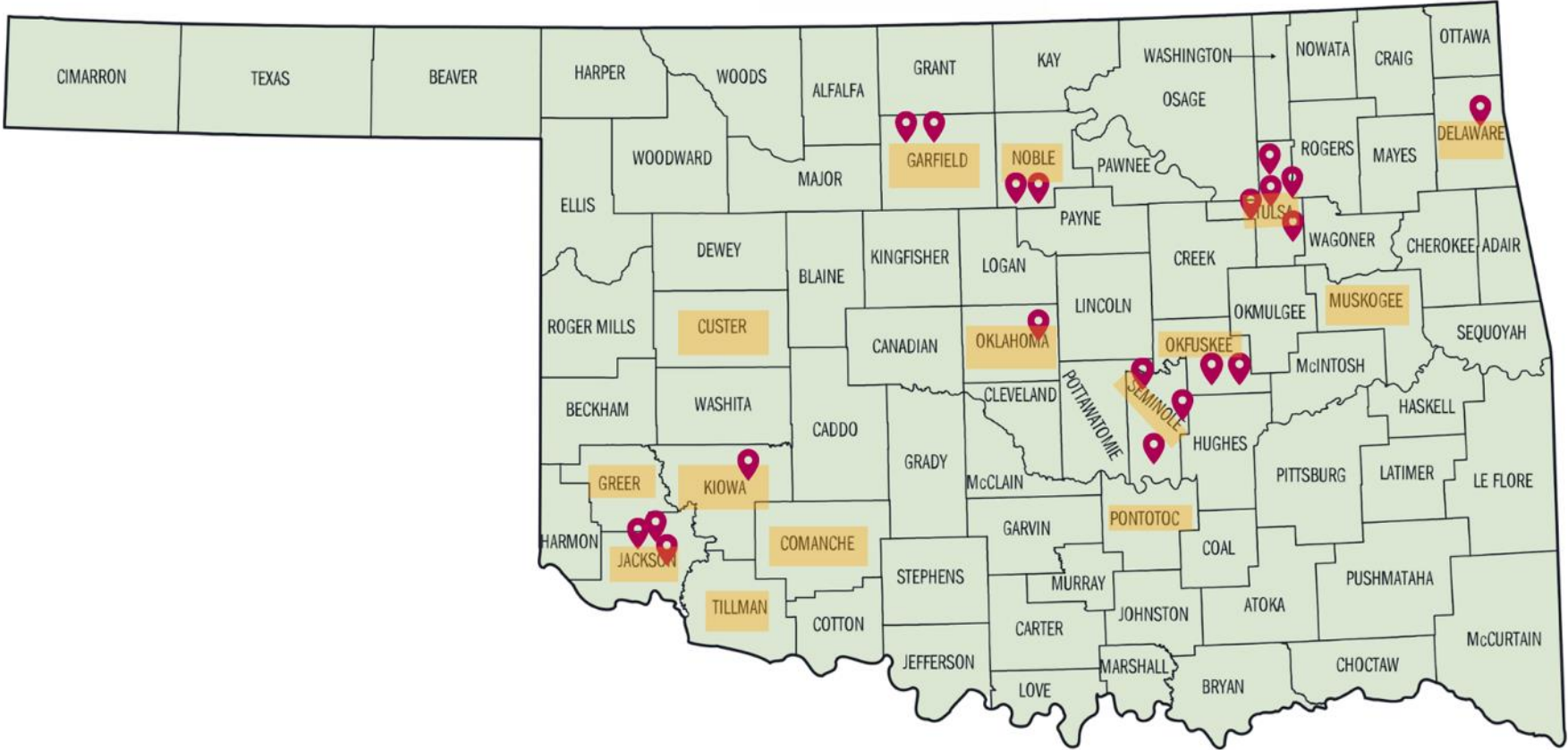
Using a **cooking methods** card, pair up with your neighbor and practice sharing one cooking technique.

# Where DUO for Health is Today



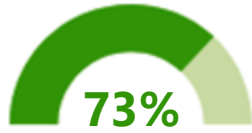
# DUO for Health Today

## (18 clinics: 9 of 15 eligible counties)

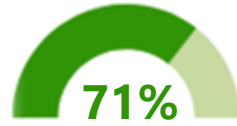


# What Providers are Saying

## DUO for Health Today (18 clinics: 9 counties)



Of Clinicians Agree that the DUO for Health Materials have Affected **Their Ability to Give Dietary Advice**



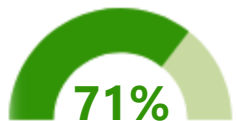
Of Providers Agree that the DUO for Health Materials have Affected **How Often They Give Dietary Advice**



Providers perceive patients as Extremely Interested/Interested in the **DUO for Health Brochures**



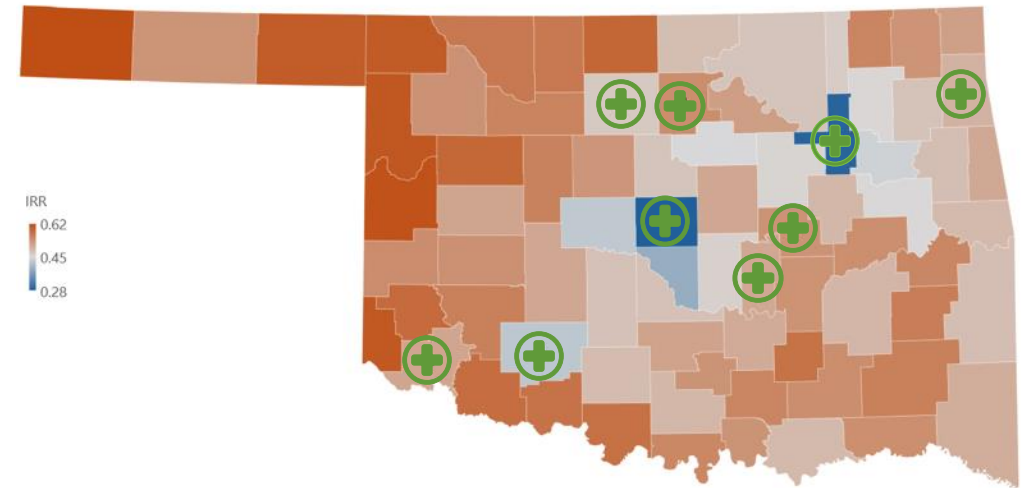
Providers perceive patients as Extremely Interested/Interested in the **Recipe Cards**



Providers perceive patients as Extremely Interested/Interested in the **Orange Peelers**

## Providers Report Materials and DUO are Helping Patients to:

- “Make better food choices”
- “Try more fresh produce”
- “Be excited for ideas on how to utilize fresh produce in recipes”
- “Stay motivated to cook healthier meals”
- “Lower A1C values”
- “Live a healthier life”



Over 8,700 brochures distributed (7,600 in English; 1,100 in Spanish)

# What Grocery Store Partners are Hearing from Customers

## Increased Access to Fruits and Vegetables

"Yesterday a customer told me that her and her family had NEVER eaten vegetables or fruit regularly until DUO came around."

"A guy who is on **disability** says that it has really helped him. Before, he had to **choose between protein and fruits or vegetables** and now **he doesn't have to choose.**"

"It helps them out with their budget, particularly **older customers** with smaller SNAP budgets."

## Promotion of healthier diet within the household

"Parents say **kids** have been eating healthier. They use DUO bucks for **snacks after school.**"

"Helps feed their family with produce. Parents **give vouchers to kids** and tell them to make their own choices."

"One grandmother expressed **happiness** that she's able to **cook more for her grandchildren.**"

## Support in achieving personal health goals

"We have had customers say they are eating healthier because of the program. Customers who say they **feel better**. We have a customer who has diabetes, and he has **lost weight** and says he is **no longer on insulin.**"

"Yeah! There is a guy who **lost 40 lbs.** He is **off his diabetes medication** and his **cholesterol is lower.**"

"One customer comes back later in the day to **use vouchers for snacks** - big change in his diet."

"Two customers have been very vocal about **losing weight.**"

"A few customers have mentioned that DUO is helping them **stick to their New Year Resolution diet.**"



# DUO for Health Ambassador Program

**Invite a DUO for Health Ambassador to join and enhance the impact of your health event!**

- Discussions with patients and community members about the benefits of fruit and vegetables for health.
- Explaining how the Double Up Oklahoma (DUO) program works and how it can be used to support nutrition goals.
- Distributing colorful patient education materials that promote the DUO program



FreshRx Distribution event



# DUO For Health Expansion





# Other Materials Available

for community outreach

**HAVE A SNAP CARD?**  
Get **FREE** fruits & veggies with **DOUBLE UP OKLAHOMA**



**BUY \$1 SNAP-EBT** ▶ **GET \$1 DUO BUCKS**

Visit a participating location near you  
Buy any SNAP-eligible foods with your SNAP-EBT card and get **FREE** Double Up Oklahoma Bucks, up to \$20 a day, to spend on fresh fruits & veggies.

**WE SUPPORT LOCAL FARMERS**

HUNGER FREE OKLAHOMA IS AN EQUAL OPPORTUNITY PROVIDER.

**DOUBLE UP OKLAHOMA (DUO) HOW IT WORKS**  
Use your SNAP-EBT card at participating locations and get a dollar-for-dollar DUO match to spend on fresh fruits and veggies

**UP TO \$20 PER DAY**

GROCERY STORES	FARMERS MARKETS
1 Find a participating store near you at <a href="http://DoubleUpOklahoma.org">DoubleUpOklahoma.org</a>	1 Find a participating farmers market near you at <a href="http://DoubleUpOklahoma.org">DoubleUpOklahoma.org</a>
2 Ask how Double Up Oklahoma works at your local store	2 Ask about Double Up Oklahoma at the information booth
3 Pay with your SNAP-EBT Card and get DUO Bucks to buy fruits & veggies next time you shop	3 Get your SNAP and DUO tokens
4 Shop for fruits & veggies, pay with DUO Bucks.	4 Shop for fruits & veggies, pay with DUO tokens.

Have questions? [DoubleUpOklahoma.org](http://DoubleUpOklahoma.org)



For other food assistance, contact the toll-free Hunger Free Oklahoma SNAP Assistance Hotline at 1 (877) 740-0114

**HAVE A SNAP CARD?**  
Get **FREE** fruits & veggies with **DOUBLE UP OKLAHOMA**



**BUY \$1 SNAP-EBT**

**UP TO \$20 PER DAY**



**GET \$1 DUO BUCKS**

Buy any SNAP-eligible foods with your SNAP-EBT card and get **FREE** Double Up Oklahoma Bucks, up to \$20 a day, to spend on fresh fruits & veggies. Find a participating location near you.

Learn more at [DoubleUpOklahoma.org](http://DoubleUpOklahoma.org)



Helping Oklahomans eat healthy and spend wisely

Spanish/English Flyers, Bookmarks, and Posters



for additional info visit [DoubleUpOklahoma.org](http://DoubleUpOklahoma.org)

# Thank You to Our Funders!



# QUESTIONS? FEEDBACK? SUGGESTIONS?

We want to hear them!

[Marianna-Wetherill@ouhsc.edu](mailto:Marianna-Wetherill@ouhsc.edu)





# Scan to Give Session Feedback



#HungryForActionOK