



Food and Nutrition Policy – Chicken Soup Brigade

Chicken Soup Brigade (CSB) is the food and nutrition program of Lifelong. We value the belief that food is medicine and are committed to client health. As such, our primary goal is to ensure clients receive nutritious food and nutrition education to support them in managing their health conditions while also serving as a tool of prevention. The clients CSB serves face stigma in a variety of forms including being food insecure and being low income. These circumstances put our clients at a greater risk for diet related health conditions including diabetes, overweight/obesity and hypertension.

Effective January 1st, 2020, CSB is adopting a Food and Nutrition Policy to demonstrate our commitment to the health and wellbeing of our clients. The policy is guided by the recommendations from the USDA Dietary Guidelines for Americans, along with community needs assessments and client feedback. This policy serves as a tool for staff as well as volunteers to assist in decision making and communication related to food sourcing and distribution. The policy is a guide that ensures CSB will always put the health of clients above all else and prioritize foods that meet the highest nutrition standards.

Our policy will be implemented in phases. The following outlines each phase of our policy:

Phase I: January 1, 2020 Elimination of sweetened beverages and candy from inventory.

Phase II: April 1, 2020 Elimination of all products containing trans fats and hydrogenated oils from inventory.

Phase III: July 1, 2020 All canned vegetables will contain 140mg or less of sodium per serving and all canned fruits will be packed in water or light syrup. All canned or packaged soups, meals and proteins will contain 700mg or less of sodium per serving.

Phase IV: July 1, 2020 All grocery bags will contain items from each food group in proper quantities for clients to create 7 meals. Grocery bag categories will align with meal categories, which will be based on community need and cultural relevance.

We will review, evaluate, modify and improve our policy over the course of time. It will be a living document by which all food and nutrition programs will abide.