



## Food and Nutrition Policy

At FamilyWorks, we recognize the important role that food and nutrition play in our participants' health. In addition to breaking down barriers to food access, we are committed to offering our participants choices that enable positive health outcomes, help prevent diet-related chronic illnesses, and respect the cultural needs and dietary preferences of the communities we serve.

Our Food and Nutrition policy will demonstrate our commitment to the quality of food we offer our participants and serve as our guiding principles for which food we request from donors, provide through our programs, and offer to our participants. We will utilize the Healthy Eating Research (HER) Nutrition Guidelines as a tool to guide our nutritional priorities in the following categories:

- I. **Food Donations:** Rather than turn away donations we aim to guide donors toward our needs. To that end, we have created graphics that can be sent to donors looking to make food donations to the food bank. These highlight popular items that we use in our programs or that participants request and prioritize low-sodium and low-sugar options.
- II. **Food Purchases:** When funding is available, we commit to purchase items that are aligned with our commitment to nutrition and reflect the cultural diversity of our community. We will prioritize fresh vegetables and fruit, cooking staples, and items on the “choose often” list of the HER guidelines.
- III. **No-Cook Bags:** Our No-Cook Bag program is for participants who may not have access to cooking facilities. We are committed to ensuring that the participants who receive our no-cook bags are offered food that is nutrient dense. We prioritize low-sodium soups and chilis, and make fresh options, including fruit, salads, and sandwiches available when possible. We also are committed to respecting our participant's individual preferences and autonomy.
- IV. **Power Pack Program:** This program provides food for students within Seattle Public Schools. We are committed to prioritizing snack and meal options for students that are nutrient dense and low in sugar and sodium.
- V. **Nutrition Education:** We will aim to engage in participant-guided activities that meet the needs of our participants which may include recipe provision, taste tests, or cooking demonstrations.
- VI. **Future Programs:** As the communities we serve expand through programs such as our Mobile Food Pantry, we are committed to meeting the specific dietary needs of different sites and providing fresh produce, nutrient-dense deli items, and pantry staples where they are requested.

- 1) Schwartz M, Levi R, Lott M, Arm K, Seligman H. Healthy Eating Research Nutrition Guidelines for the Charitable Food System. Durham, NC: Healthy Eating Research; 2020. Available at <http://healthyeatingresearch.org>