

Adopted: xx/xx/xxxx

LOGO/NAME

## Food and Nutrition Policy

### Purpose and Guidelines

*Why do you care? What are your guiding principles? Consider health equity, choice, unique needs of your participants or program. Also note basic guidelines you use as a reference. We recommend those from Healthy Eating Research: [her-food-bank\\_FINAL.pdf \(healthyeatingresearch.org\)](#)*

*Example:*

At xxx, 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. We will utilize the Healthy Eating Research (HER) Nutrition Guidelines as a tool to guide our nutritional priorities.

### Overall Nutrition Commitments

*Note any foods you'd like to emphasize or any that you'd like to exclude, based on your principles and the guidelines you choose.*

*Example:*

In order to prioritize the health of our participants we commit to offering xx% of our items from the choose often categories. In particular we will aim to increase fresh fruits and vegetables, whole grains, lean protein, and low-sodium options. We also strive to distribute items that meet the cultural and dietary needs of the diverse and changing population that we serve.

### Food Purchases

*Outline parameters and goals for any purchases that are made by the organization and how you will prioritize them.*

*Example:*

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.

### Food Donations

*Differentiation of guidelines may be appropriate for donations received. If there are items that you will not accept, include that here. You can also state how you will communicate your preferences to donors.*

*Example:*

- 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>

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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. These highlight popular items that we use in our programs or that participants request and prioritize low-sodium and low-sugar options.

### Special Programs

*If you have specialized programs that you want to call out you may want to include those in a separate space. For example, if you have a mobile program, backpack program or home delivery that needs specialized guidance.*

*Example:*

In our weekend backpack program, we are committed to prioritizing snack and meal options for students that are nutrient dense and low in sugar and sodium. As we expand our programs we are committed to meeting the specific dietary needs of different sites and providing fresh produce, nutrient-dense items, and cooking staples.

### Broader Commitments

*Include other information here related to health or nutrition goals that you are striving for, as applicable.*

*Example:*

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. We also will connect participants to other food resources to fit their needs as appropriate, such as SNAP and WIC programs.



- 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>