

Food Gatherers Healthy Pantry Conversion Project Toolkit

Sample Nutrition Policy for Food Pantries

Establishing a nutrition policy is one way for your food pantry to demonstrate your commitment to protecting the health of the clients you serve. A nutrition policy can guide food procurement practices and serve as a mechanism for educating new staff, volunteers and outside donors on acceptable food donations. It can also be a tool to communicate pantry operations and priorities to pantry clients. Share your nutrition policy widely so everyone knows about it.

Consider using the language below to help develop a nutrition policy for your food pantry.

[Food Pantry Name] will:

- Commit to supporting the health of our clients by prioritizing the distribution of healthy food, as defined by Feeding America's recommended Foods to Encourage (F2E) framework, such as:
 - Fresh fruits and vegetables
 - Whole grains
 - Low-fat or fat-free dairy and milk products
 - A variety of protein foods, including eggs, beans, peas, nuts and nut butters, meat, poultry, and fish
 - Foods low in sodium (5% Daily Value or less sodium per serving).
- Limit the distribution of foods with refined grains, trans fats, added sugars, and high sodium (20% Daily Value or more sodium per serving).
- Provide basic staples to support meal planning and preparation, such as cooking oils, flour, sugar, and spices
- Provide whole grains (such as brown rice, oats and quinoa), and whole-grain products (such as whole-grain cereals, whole-wheat breads, whole-grain crackers) that include "whole" listed as the first ingredient on the product package e.g., whole corn tortillas, whole grain cereal, whole rolled oats, whole wheat pasta, whole wheat couscous.
- Provide a variety of fresh, canned, and frozen fruits and vegetables
- Provide canned fruits packed in 100% fruit juice
- Provide a variety of protein foods, such as eggs, beans, peas, nuts and nut butters, meat, poultry, and fish
- Provide low-fat and non-fat milk, yogurt and other dairy products
- Provide low-sodium or no-salt added canned and other products (such as no-salt added beans, low-sodium soup, low-sodium tomato sauce, and unsalted popcorn)

[Food Pantry Name] will **not** distribute*:

- Sugar-sweetened beverages (soda, fruit drinks, energy or sports drinks)
- Candy
- Sweet bakery items (such as cakes, cupcakes and cookies)

* Please contact a Food Gatherers Community Food Programs Coordinator to eliminate specific food and beverage categories from your delivery profile.



Adapted from: Safe & Healthy Food Pantries Project, University of Wisconsin-Extension

