

Food Gatherers Healthy Pantry Conversion Project Self-Assessment Tool

Strategy	In Place		
	Yes	Somewhat	No
Stock a healthy food pantry			
Adopt, post and communicate a nutrition policy			
Provide Healthy Food Drive Donation handout to outside donors			
Distribute whole grains			
Distribute eggs and lean meats (such as chicken, turkey, canned or frozen fish)			
Distribute canned or dry beans, lentils, and nut and seed butters			
Distribute a variety of fresh fruits and vegetables			
Distribute low-sodium canned goods			
Encourage healthy food selection			
Host a client choice pantry			
Offer <u>unlimited</u> fresh produce per household			
Make healthy choices more visible and appealing (with “nudge” strategies)			
Place produce at front of distribution / choice line.			
Use baskets, bowls, or crates to display produce			
Arrange produce in a colorful way to increase visual appeal			
Angle shelves or display bins to help clients see available produce			
Arrange produce to suggest abundance and overflow			
Separate whole grain from refined grain products			
Separate low-sodium canned goods from regular canned goods			
Keep “Foods to Encourage” or “Go” foods at eye-level			
Place sugary cereals on top shelf so they are out of eye-level for children			
Place sweet baked goods and food/drinks with little nutritional value away from eye-level, on bottom shelves or back of pantry.			
Offer the same healthy produce items multiple times in the distribution line			
Post signs that encourage clients to take enough produce, such as “a family of 4 usually takes at least 8 tomatoes”			
Offer indirect nutrition education			
Prompt healthy choices with “healthy pick” cards or “shelf talkers”			
Offer hints, tips and instructions for healthy food preparation:			
Place recipe cards near “Foods to Encourage”			
Place cooking directions for preparing staple foods from scratch, such as dried beans, rice or oatmeal			
Use shelf-talkers or provide cooking hints, such as “cook me like a potato” or “add me to your smoothies” next to relevant produce items			
Have volunteers promote healthy foods while shopping with clients			
Provide or partner with outside agencies to provide cooking demonstrations			
Provide samples of prepared recipes or produce while maintaining food safety			
Display “Produce Identification Cards” to instruct on cooking and storage			
Display USDA MyPlate and other nutrition education posters			
Promote additional community resources			
Provide information on SNAP, WIC, Senior Farmers Market Coupons and other food-assistance resources			
Distribute affordable health care information			

Note: “Healthy Food” is defined according to Feeding America’s Detailed Foods to Encourage (F2E) framework, and includes: fresh produce, low-fat milk and yogurt, whole grains, and vegetarian and lean proteins (such as eggs, nuts and seeds, nut/ seed butters, beans, lentils, chicken, turkey, fish and other low-fat meats with low or no-added sodium).

