

# Sample Nutrition Policy for Food Pantries

## STATEMENT OF PURPOSE

The purpose of this nutrition policy is to guide decisions about the foods to acquire and distribute to clients, who are experiencing food insecurity. **Organization Name** is committed to providing healthy foods that are important for the immediate and long-term well-being of children and adults.

This policy applies to all foods acquired including:

- Foods and beverages donated by food manufacturers, retailers, organizations, and community members
- Foods and beverages purchased by the agency.

## HEALTHFUL FOODS TO ENCOURAGE

The following foods are those that will actively be secured when appropriate and possible:

### A. FRUIT AND VEGETABLES – including:

**Fresh produce** – a full variety of fruits and vegetables

**Frozen fruits and vegetables** packed without syrup or sauces; 140 mg of sodium or less

**Fruits canned**– packed in water, 100% juice, or no added sugars

**Vegetables canned**–with 140 mg or less sodium

### B. WHOLE GRAIN AND WHOLE GRAIN-RICH FOODS – particularly:

**100% whole grains** such as rolled oats, barley, wild rice and brown rice

**Whole grain pasta** that contains a whole grain as first ingredient;

Not less than 3 gm of fiber; 240 mg or less sodium per serving

**Whole grain-rich cereals** that contain whole grain as first ingredient;

Not less than 3 gm of fiber; No more than 10 gm sugar per serving with no fruit;

No more than 16 gm sugar with fruit

### C. DAIRY FOODS: LOW-FAT DAIRY OR DAIRY SUBSTITUTES – including:

**Plain milk and yogurt:** Low-fat (1%) or skim/non-fat milk and yogurt

**Milk substitutes**–Unsweetened milk substitutes (e.g., soy milk, almond milk)

**Cheese:** Reduced fat or low-fat

### D. LEAN AND ALTERNATIVE PROTEIN FOODS – including:

**Meat, poultry, seafood and beans**–low-fat, lower sodium

F2E guidelines: <4.5g of saturated fat/serving, 0g of trans-fat, ≤480mg of sodium/serving,

**Eggs**

**Beans and lentils** (if canned, with 140 mg or less sodium)

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## FOODS TO REDUCE

The Dietary Guidelines for Americans recommend limiting foods and beverages that contribute mainly 'discretionary' calories from added fats and sugars. These foods tend to be high in calories and low in nutrients.

When appropriate and possible, we will not actively seek or procure foods in this category and will work toward reducing our inventory of these types of items:

**A. REDUCE SAVORY SNACK FOODS**—including, but not limited to:

**Chips:** (corn, potato, puffed cheese, tortilla; not including lower/reduced fat or baked)

**Crackers** (not including lower/reduced fat or baked)

**Frozen french fries, onion rings, pork rinds**

**High sodium meats, such as hot dogs, bologna, salami, sausage, preserved meats**

**B. REDUCE SWEET SNACK FOODS AND DESSERTS**—including, but not limited to:

**Cakes, Cookies, Donuts, bakery items**

**Muffins, Pastries, Pies**

**Candy, Confections**

**Frozen desserts, Ice cream**

**Popsicles**

**Pudding**

**C. REDUCE SUGAR SWEETENED BEVERAGES** —including but not limited to:

**Energy drinks:** Examples are Full Throttle Energy Drink®, Monster Energy Drink®, Mountain Dew AMP Energy Drink®, Red Bull Energy Drinks, Rockstar Energy Drink®

**Sweetened fruit drinks:** Coconut water with caloric sweetener, fruit flavored drink or water with caloric sweetener, fruit nectars, fruit punch, fruit smoothies with caloric sweetener

**Sodas:** Regular soft drinks (not including diet), sugar cane beverage, sugar-sweetened carbonated water

**Sports drinks:** Examples are Gatorade Sports Drinks®, Powerade Sports Drink®

**Sweetened coffees and teas:** Blended iced coffee drinks, café mocha, presweetened powdered coffee mix, presweetened ready-to-drink coffee; Presweetened ready-to-drink tea, presweetened tea mix

**Vitamin-enhanced waters:** Examples are Glacéau Vitamin water™, Propel Fitness Water®