



## Grocery Nutrition Policy

### Purpose and Expected Outcomes

The purpose of the following nutrition policy is to provide nutrition standards which guides the purchasing and distribution of groceries at Loaves & Fishes/Friendship Trays (LFFT). The outcomes expected from the nutrition policy are, increase purchasing of nutrient dense foods appropriate for all diets, educate the community and donors on healthy food donation options, distribute food that will meet 80% or more of the USDA Dietary Guidelines, and decrease food waste within the organization.

### Policy Rationale & Commitment

LFFT annual impact surveys identified that a large portion of the clients we serve are impacted by chronic health conditions such as, high blood pressure, diabetes/high blood sugar, high cholesterol, and heart disease. Clients also reported paying for medication using the money they saved after receiving food from LFFT. LFFT recognizes that we play a key role in feeding our communities healthier food. As one of the largest emergency food assistance resources in Mecklenburg County, LFFT is committed to providing nutritious food to clients. To fulfil this commitment, LFFT developed the nutrition policy to ensure health conditions, cultural preferences, and dietary restrictions are principal considerations when purchasing and distributing food to our clients.

### Operations Covered by this Policy

- Purchasing of food
- Donations of food – including individuals, food drives, large retailers, food manufacturers
- Distribution of food – pantries, mobile pantries, home deliveries

### Food to Prioritize at LFFT

The food to prioritize are based on the 2020-2025 USDA Dietary Guidelines.

<b>Fruit</b>	<b>Vegetable</b>	<b>Grain</b>	<b>Dairy</b>	<b>Protein/Meat</b>	<b>Extras</b>
Fresh, frozen, canned with no sugar added or lite syrup, dried with no sugar	Fresh, frozen, canned with no salt added or low sodium	100% whole grain or whole wheat, items with whole grain listed as the first ingredient	Fat-free, low-fat, or fortified dairy alternative	Lean protein, meatless protein options (eggs, beans, nuts) *low sodium if possible	Salt-free spices, plant-based oils, water, 100% juice, zero sugar beverages



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### Food to Limit at LFFT

The following section lists items that do not fit within the guidelines outlined in this policy. These foods will **NOT** be purchased using LFFT funding. Donors are encouraged to not donate these items.

<p><b>Desserts</b> – Cake, pie, donuts, ice cream, cookies <b>Snacks</b> – Candy, chips, pop tarts <b>Sugar-sweetened beverages</b> – Energy drinks, soda, juice with added sugar</p>
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### Food Not Covered by This Policy

The following section covers items that LFFT receives frequently but may not always fit the nutrition guidelines defined in this policy. However, LFFT registered dietitian has identified these items to be sufficient in nutrients and convenient for individuals during a time of crisis. LFFT aims to educate clients that foods high in added sugar, sodium, and fat should be consumed in moderation.

<p><b>Canned meals</b> – Soup, ravioli, beef stew, pasta salad <b>Boxed meals</b> – Macaroni and cheese, hamburger helper, instant potatoes, cereal with added sugar, and oatmeal with added sugar <b>Dairy products</b> – Cheese that is not low-fat, milk that is not low-fat, butter</p>
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### How LFFT Plans to Implement the Policy

The final nutrition policy will be effective June 6, 2022.

The community, stakeholders, and clients will be notified of this policy on June 6, 2022, through the LFFT website and social networks such as Instagram and Facebook.

All LFFT donation resources will be revised to include our priority food listed above. Individuals that donate to LFFT will be given a list of items that we prioritize to prepare them for future donations. This list will also be given to any LFFT food sourcing partners.

Annually, all LFFT grocery pantry sites will be audited to assess the amount of priority food items within the pantry. The LFFT nutrition services coordinator will make suggestions to increase priority food items.