**Nutritional Policy**

Our goal is to educate and support our clients and our community in making balanced, healthy choices. Using the federal MyPlate guidelines, the Healthy Eating Research (HER) Nutrition Guidelines for the Charitable Food System, and SWAP (Supporting Wellness at Pantries), we acquire, purchase, and distribute healthy food. Education is a key aspect of this goal, which encourages individuals to make choices appropriate for their specific circumstances. Our nutritional approach is a long term commitment that we expect to evolve over time. Ultimately, we strive to go beyond filling bellies and instead nourish healthy, productive lives.

**Guiding Principles.**

The \*\*\* Food Pantry:

•   Commits to supporting the health of our clients by prioritizing the distribution of recommended USDA’s MyPlate foods and foods ranked yellow and green by SWAP.

•   Limits distribution of foods with refined grains, solid fats, trans fats, added sugars, sodium, and high fructose corn syrup to support client health concerns including weight, blood pressure, diabetes, and mental health concerns identified in our 2016 client needs assessment.

•   Provides fresh fruit and vegetables at every distribution.  Minimum amounts: two servings of vegetables and one serving of fresh fruit per person in a household.

•   Prioritizes inclusion of basic staples in product purchases (flours, sugar, baking soda & powder, cooking oils, seasonings, etc.)

•   Ensures educational opportunities are prioritized as a key aspect of our approach.

•   Highlights USDA’s MyPlate recommended foods to incentivize smart choices

**Donated food & products:**

•   All food that is deemed safe will be distributed; not all food distributed will be healthy as our pantry reflects real life choices.

•   We communicate regularly with donors to encourage donations in line with the USDA’s MyPlate recommendations.

•   We actively seek fresh produce and product donations from community partners.

**Purchased food & products:**

We will purchase only foods, products, and seasonings that meet the MyPlate and SWAP guidelines for yellow and green foods including:

•   whole-grain cereals, breads, rice, crackers, pastas and other grains (“whole” grain listed as the first ingredient on product package)

•   canned fruits packed in 100% fruit juice only

•   Items with less the 480 grams of sodium

•   Items with less than 24 grams of added or total sugars

•   Review How to Rank Foods Using SWAP document for specific food categories

See this policy posted on the Antigo Community Food Pantry website at: https://www.antigofoodpantry.com/nutrition-policy/

This institution is an equal opportunity provider.

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Illinois Extension: https://go.Illinois.edu/EatMoveSave. Illinois at Chicago: http://cphp.uic.edu