



NUTRITION POLICY FOR FOOD PROCUREMENT FOR INTERFAITH FOOD MINISTRY

1. STATEMENT OF PURPOSE

Interfaith Food Ministry's (IFM) *Vision* is, "A community where no one should feel the hurt of hunger." Our *Mission*, is to "feed the hungry and work to reduce food insecurity in Nevada County. We help sustain health, human dignity and the opportunity for individuals to realize their full potential." The quality of the food we distribute has a significant impact on the health of our clients, since it represents such a large portion (anywhere from 30% to as much as 80%)¹ of their monthly food intake.

The purpose of this nutrition policy is to guide IFM decisions about the foods to acquire and distribute that will contribute to more healthful diets of our clients, as well as alleviating hunger and food insecurity.

This nutrition policy communicates to clients, volunteers, vendors, donors, grantors and the community-at-large that we are committed to providing nutritious foods to clients.

2. POLICY RATIONALE AND BENEFITS

IFM has a history of service to the community, supplying foods to help families in hard times. In recent years, IFM has become concerned about the increasing rates of diabetes, obesity, high blood pressure and other serious diet-related diseases affecting our community. This concern is reflected in its *Mission Statement*.

IFM recognizes the increasing role that our organization plays in providing healthy foods to community members in need. This policy, to procure and distribute foods of high nutritional quality, demonstrates to the community that IFM takes its role and responsibility seriously. IFM's clients need to know that their health and preferences for more nutrient-rich foods are among the highest considerations in acquiring and distributing food. To that end, in preparing this policy, IFM, in conjunction with Nevada County Public Health Department, conducted a survey of 68 clients the week of February 15, 2016, with nine key informant phone interviews completed the week of February 22, 2016.

This policy provides Board members, committee members, other volunteers and staff with a basis for clear and consistent decision making about the types of foods and beverages they should procure, encourage and prioritize in their work. It also serves as a tool for management and accountability on moving towards the provision of more healthful foods.

3. FOOD INVENTORY SOURCES

This policy applies to all foods acquired by IFM including:

- Foods and beverages donated by food manufacturers, distributors, retailers, organizations, producers, farmers, and community members;
- Foods and beverages obtained from other food pantries (i.e. Food Bank of Nevada County & Placer Food Bank); and
- Foods and beverages purchased by IFM.

4. HEALTHFUL FOODS TO ENCOURAGE AT IFM

This policy is based on the Dietary Guidelines for Americans, Feeding America's 'Foods to Encourage' (F2E)², framework and research evidence about client food preferences.³⁻⁵ In accordance with this nutrition policy, IFM aims to actively seek, procure and distribute the following foods when appropriate and possible:

- **FRUIT AND VEGETABLES – including:**

- **Fresh produce**-including more colorful varieties, because they are rich in nutrients and low in calories. Examples include but are not limited to fresh carrots, cabbage, broccoli, spinach, Brussels sprouts, bell peppers and berries.
- **Fruits canned**-in water, 100% juice,
- **Vegetables canned**-with no added salt or low sodium
- **Juice**-100% fruit or vegetable

- **WHOLE GRAIN AND WHOLE GRAIN-RICH FOODS – particularly:**

- **100% whole grains such as rolled oats and brown rice**
- **Whole grain**-rich bread and pasta
- **Whole grain**-rich cereals

- **DAIRY FOODS-LOW-FAT DAIRY OR DAIRY SUBSTITUTES – including:**

- **Plain milk and yogurt**-low-fat (2%) or skim/non-fat milk and yogurt, unflavored/unsweetened
- **Flavored yogurt**-low-fat (2%) or skim/non-fat yogurt
- **Milk substitutes**-unsweetened milk substitutes (e.g., soy milk, almond milk)
- **Cheese**

- **LEAN PROTEIN FOODS – including:**

- **Meat, poultry, and seafood**
- **Eggs**
- **Nuts and seeds** (no added salt), including spreads such as peanut butter and other nut spreads
- **Beans and lentils** (if canned, low sodium)

5. OPTIONAL: 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. An increasing number of schools, hospitals and workplaces have introduced guidelines to limit or exclude these foods to protect the health of the people they serve. This nutrition policy limits the procurement and distribution of these types of foods and beverages. When appropriate and possible, IFM will not actively seek or procure foods in this category and will work toward reducing the inventory of these types of items.

It may be more feasible to implement these criteria for purchased products as opposed to donated products.

- **SAVORY SNACK FOODS—including, but not limited to:**
 - **Chips** (not including lower/reduced fat or baked)
 - **Crackers** (not including lower/reduced fat or baked)
- **SWEET SNACK FOODS AND DESSERTS—including, but not limited to:**
 - **Bars** (not including low sugar, high protein bars)
 - **Cakes**
 - **Candy**
 - **Chocolate**
 - **Cookies**
 - **Donuts**
 - **Frozen desserts**
 - **Ice cream**
 - **Fruit snacks**
 - **Muffins**
 - **Pastries**
 - **Pies**
 - **Popsicles**
 - **Pudding**
- **SUGAR SWEETENED BEVERAGES—including but not limited to:**
 - **Energy drinks**
 - **Fruit drinks (with caloric sweeteners)**
 - **Sports drinks**
 - **Sweetened coffees**
 - **Sweetened teas**
 - **Sweetened shakes and smoothies-Ready-to-drink milkshakes, eggnog**
 - **Vitamin-enhanced waters**

6. FOODS NOT COVERED

Many types of foods and beverages not identified in this policy are typically received by our food ministry. IFM recognizes that many of these foods are high in added salt, sugar and/or fat and are therefore less healthful than the “Foods to Encourage”. However, they provide clients with some important nutrients and the ability to serve quick and

easy meals. Examples of these foods include:

- **Snack packs** of flavored nuts, yogurt snacks, trail mix
- **Prepared foods** such as pizza
- **Shelf stable packaged meals** such as ramen, macaroni and cheese, hamburger helper, instant mashed potatoes
- **Condiments** and additives including mayonnaise, salad dressing, pickles, relish, gravy, seasoning packages, spices, refined sugar, syrups

7. FOODS TO REFUSE

- **Alcohol**
- **Homemade Goods**
- **Soda**

8. FOODS TO PRIORITIZE

IFM recognizes that clients have expressed a preference for healthful foods, particularly more fresh fruits, vegetables and meats. IFM's February 2016 survey results showed 80% of respondents report that their favorite healthy foods are fresh fruits and vegetables. Nearly half of the respondents (45%) wrote they wished that IFM offered more meat. Overwhelmingly, respondents reported the following as the least important to their families: bakery items (78%), snacks (72%) and soda/sweetened drinks (91%).⁶ Although this policy aims to increase all of the "Foods to Encourage" outlined in Section 4, IFM will put considerable effort and emphasis initially on procuring more lean proteins, fresh fruits and vegetables, particularly more colorful, and nutrient-dense varieties.

9. BRIEF OVERVIEW OF POLICY IMPLEMENTATION AND REVIEW

This policy has been approved by IFM's Board of Directors on March 22, 2016 for implementation by the Executive Director.

This policy will be effective on April 22, 2016 and will be integrated into IFM's official Policies and Procedures.

This policy will be communicated and disseminated over the next year to all stakeholders. The Executive Director is responsible for the oversight of education, communications and dissemination of this policy to clients, volunteers, donors, vendors and other stakeholders. The Executive Director is responsible for oversight of training, beginning with food procurement staff, regarding identification of items that do and do not meet the policy criteria for 'Food to Encourage' and finding new sources of priority foods.

Questions and comments about this policy should be directed to the Board, Executive Director and/or the Nutrition Policy Committee members.

The Food Committee is responsible for working with the food purchaser to review and ensure adherence to this policy and to make changes to practices as necessary.

This policy will be reviewed six months after initial adoption and annually thereafter by the Nutrition Policy Committee, the Food Committee, the Executive Director and the Board of Directors.

¹Nevada County Public Health, Nutrition Education & Obesity Prevention, *Interfaith Food Ministry Client Survey- Prepared for the Nutrition Policy Committee*, Report by MatsonResearch Program Evaluation & Consulting, March 1, 2016.

²F2E Guidelines are shown where they are based on detailed criteria for nutrients or other food components.

³Campbell E, Hudson H, Webb K, Crawford PB. Food preferences of users of the emergency food system. *J Hunger Environ Nutr.* 2011;6(2):179-187.

⁴Webb K, Campbell E, Ross M, Crawford P. *Improving the Nutritional Quality of Food Distributed to Lower-Income Families Through Emergency Food Services: A Study of Nutrition-Related Policies and Practices of Food Banks and Food Pantries.*

⁵Weinfield NS, Mills G, Borger C, Gearing M, Macaluso T, Montaquila J, Zedlewski S. *Hunger in America 2014*, National Report Prepared for Feeding America.

⁶Nevada County Public Health, Nutrition Education & Obesity Prevention, *Interfaith Food Ministry Client Survey- Prepared for the Nutrition Policy Committee*, Report by MatsonResearch Program Evaluation & Consulting, March 1, 2016.

Foods to Encourage (F2E) List: Updated July 2012

The foods in this first list would receive an automatic F2E, and do not need to meet further criteria listed below.

- Fruit (nothing added)
- Vegetables (nothing added)
- 100% whole grain (e.g. Rolled Oats, Barley or Wild Rice)
- Unflavored/Unsweetened low-fat (1%) or skim/non-fat milk or yogurt
- Flavored skim/non-fat milk or yogurt
- Unsweetened Milk substitutes (e.g. Soy Milk, Almond Milk)
- Protein foods including:
 - Eggs
 - Nuts, Seeds, Beans and Lentils if nothing added (e.g. sodium)
- Plain water
- 100% Juice

The foods in the chart below must meet ALL of the criteria listed to be a F2E

| Food Category | Nutrients to Limit | | | | Nutrients to Encourage | Other Indicators |
|--|------------------------|---------|-------------------------|--|--|---|
| | Per serving as labeled | Sat Fat | Trans Fat | Sodium | | |
| FRUIT/VEGETABLES | | | | | | |
| Canned OR Dried | ≤2g ⁱ | 0 g | ≤230 mg ⁱⁱ | Fruit in Lite syrup or 100% juice OR ≤ 12 g ⁱⁱⁱ | N/A | No partially hydrogenated oil in ingredient list |
| GRAINS | | | | | | |
| Bread, Pasta | ≤2g | 0 g | ≤230 mg | ≤ 10g ^{iv} | >10% DV per RACC ^v or >2.5g per serving | WHOLE GRAIN must be first ingredient ^{vi} |
| Cereal | ≤2g | 0 g | ≤230 mg | ≤12 ^{vii} | >3g of fiber (consistent with WIC) | WHOLE GRAIN must be first with ingredient ^{viii} |
| DAIRY OR DAIRY SUBSTITUTE | | | | | | |
| Low-fat or Skim/Non-Fat Flavored Milk or Milk substitutes | ≤ 3g (1% or 0%) | 0 g | ≤480 mg ^{ix} | Milk/Milk Sub ≤22g ^x | N/A | |
| Flavored Yogurt | | | | Yogurt ≤30g ^{xi} | | |
| Cheese | | | | Cheese N/A | | |
| PROTEIN FOODS | | | | | | |
| Beans, Meat, Poultry & Seafood | <4.5g ^{xii} | 0 g | ≤480 mg ^{xiii} | | | |
| Nuts/Seeds including spreads | N/A | 0 g | ≤230 mg | <4g per 2T or 1oz ^{xiv} | | No partially hydrogenated oil in ingredient list |

ⁱ CFBAI Category Specific Uniform Criteria

ⁱⁱ Alliance for a Healthier Generation, Sodium Threshold for a Non-Entrée/Non Meal item not to exceed ≤230mg per serving.

ⁱⁱⁱ CFBAI Category Specific Uniform Criteria

- iv CFBAI Category Specific Uniform Criteria
- v FDA 10. Appendix B: Additional Requirements for Nutrient Content Claims, 2009 Claim for at least “good source” of dietary fiber
- vi United States Department of Agriculture and United States Department of Health and Human Services. Dietary Guidelines for Americans 2010
- vii CFBAI Category Specific Uniform Criteria
- viii United States Department of Agriculture and United States Department of Health and Human Services. Dietary Guidelines for Americans 2010
- ix Alliance for Healthier Generation sodium criteria for low-fat and non-fat dairy products
- x IOM Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth, 2009
- xi IOM Nutrition Standard for Foods in Schools: Leading the Way Toward Healthier Youth, 2009
- xii FDA/USDA Lean meat, fish, poultry
- xiii Consistent with criteria for “healthy”, CFBAI
- xiv CFBAI Category Specific Uniform Criteria