

Increasing Access to Healthy Food in Our Network



Why are we using the SWAP stoplight system?

As a food bank, we recognize the strong connection between hunger and health. We know that many food pantry guests face the double burden of food insecurity and chronic diseases. We want to ensure that we provide food that will help support our community's health and wellbeing. We are committed to distributing healthy, nutritious food in our network. To do that, we have adopted a nutrition stoplight system called **Supporting Wellness at Pantries (SWAP)**.

What is SWAP?

SWAP is designed to help promote healthy food choices at food banks and food pantries. SWAP ranks food based on levels of **saturated fat, sodium, and added sugars** because these nutrients are linked with increased risk of chronic diseases. SWAP is a program of Foodshare/Connecticut Food Bank and was revised in 2020 to synchronize with the Healthy Eating Research Nutrition Guidelines for the Charitable Food System.

What do the rankings mean?



CHOOSE OFTEN
ELIJA FRECUENTEMENTE



CHOOSE SOMETIMES
ELIJA VECES



CHOOSE RARELY
ELIJA CON POCA FRECUENCIA

Food that is Green:

- Choose Often
- Low in saturated fat, sodium, and added sugars
- Supports health

Food that is Yellow:

- Choose Sometimes
- Medium levels of saturated fat, sodium, or added sugars
- Can contribute to good health

Food that is Red:

- Choose Rarely; think of as a treat
- High levels of saturated fat, sodium, or added sugars
- Limited health benefits

Unranked Foods: Some food groups - like cooking supplies, condiments, supplements, and baby food - are "Unranked" due to the special purpose they serve. Some food categories are more challenging to rank because they arrive in large batches of miscellaneous items and are labeled "Assorted – Not Ranked". Non-food items are simply marked as "Non-Food".

How can SWAP be implemented?

The nutrition ranks for most foods have been added to our ordering system so you can view which foods are Green, Yellow, and Red to promote healthy foods in your programs. By using SWAP, we will work with our food donors to encourage them to donate healthy foods. We would encourage you to talk with your local food donors and those running food drives to donate healthy items. We also hope that by using SWAP, you can promote nutritious foods in your programs for the people you serve.

If you have any questions about the SWAP system or want to know how you can use SWAP in your programs, please contact Sarah Wilson, RDN at the food bank at swilson@gleaners.org.