



Nutrition Policy Overview

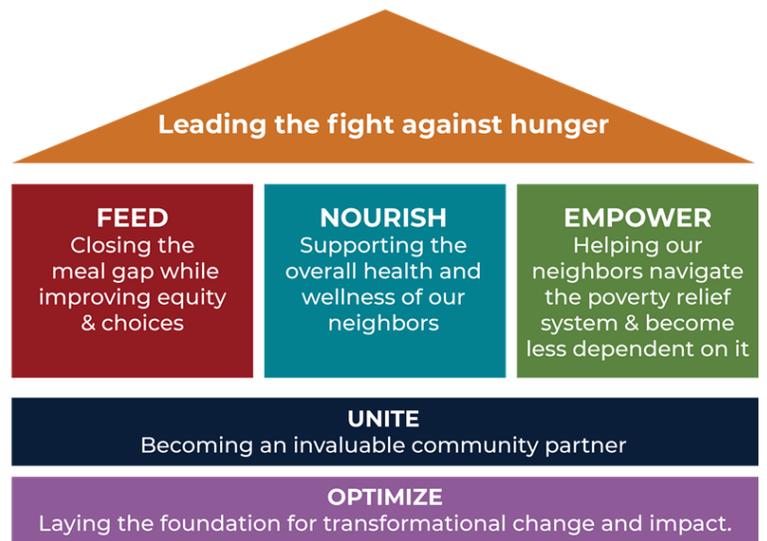
Background

Food insecurity is linked to poor nutrition, poor physical and mental health, and increased risk for chronic diseases. Gleaners Food Bank of Indiana is committed to supporting the health and wellness of our neighbors through nutrition education, strategic partnerships, and equitable access to nutritious foods. The Nutrition Policy was created to communicate this commitment internally and externally and to provide a set of guidelines to maximize the nutritional value of foods acquired and distributed by our food bank.

Nutrition Policy Benefits

- 1 Increases the availability of a variety of health-promoting, culturally inclusive foods that align with the Healthy Eating Research (HER) Nutrition Guidelines for the Charitable Food System.
- 2 Serves as a central reference point for consistent decision making, communication, and tracking of progress toward identified goals.
- 3 Strengthens relationships with donors and partners who value nutrition and health to ensure sustainability.
- 4 Serves as a model that agency partners can use to assess the nutritional quality and cultural inclusion of the foods they supply.
- 5 Sets the health and well-being of our neighbors as a top priority for our organization, aligning with the “Nourish” pillar of our strategic plan.

Gleaners Strategic Plan Pillars



Nutrition Policy Continued



Basic Policy Overview

- Aims to increase foods that are ranked “Green/Choose Often” and “Yellow/Choose Sometimes” according to the HER Guidelines (low in sodium, saturated fat, and added sugars). Top priorities for procurement include a variety of fresh and frozen fruits and vegetables; meat, poultry, and fish; and dairy/non-dairy alternatives, as these are top-requested items by our neighbors and they meet a variety of cultural, religious, and dietary needs.
- Aims to limit foods that are ranked “Red/Choose Rarely” (high in sodium, saturated fat, or added sugars). Gleaners will especially focus on minimizing the procurement of sugar sweetened beverages, sweet snacks and desserts, and savory snacks. However, no items will be explicitly banned.
- The Nutrition Policy Committee, consisting of key staff members, will oversee implementation and review of the policy, including establishing benchmark goals and strategies, reporting progress with metrics, and updating the policy annually.

SWAP | Supporting Wellness at Pantries

Gleaners uses the HER Guidelines and SWAP tools to rank our inventory based on nutrient content.



GREEN

Choose often: Low in saturated fat, sodium and/or added sugars, supports health

YELLOW

Choose sometimes: Medium levels of saturated fat, sodium and/or added sugars, can contribute to good health

RED

Choose rarely: high levels of saturated fat, sodium, and added sugars; think of as treats, limited health benefits