

SAMPLE HEALTHY FOOD DONATION POLICY

- PURPOSE:** (ORGANIZATION NAME) has, as one of its values, a commitment to supporting the health and well-being of our community and has chosen to express this by providing food donations to the Kansas Food Bank (or other recipient). In addition, (ORGANIZATION NAME) recognizes that heart attack, obesity, stroke, and diabetes are largely affected by diet and that the choices about what foods to donate can have a significant impact on the health and well-being of those ultimately receiving such donations. For this reason, (ORGANIZATION NAME) has adopted this Healthy Food Donation policy to ensure that the health of our community is considered when making food donations.
- POLICY:** (ORGANIZATION NAME) has committed to provide an environment that encourages healthy food donations to local food pantries that meet the food standards below.
- POTENTIAL POLICY STATEMENTS TO INCLUDE:**
 - (ORGANIZATION NAME) **will accept all food donations, but will specifically request healthier items to include the following, to meet the needs of local pantries:**



FRUITS AND VEGETABLES

- ◆ **Fresh produce**, such as watermelon, apples, bananas, oranges, blueberries, broccoli, eggplant
- ◆ **Low-sodium or water packed canned vegetables**, such as tomatoes or low-sodium canned green beans
- ◆ **Canned fruits in 100% fruit juice or lite syrup**
- ◆ **Dried fruits and vegetables**, such as dried cranberries, dried bananas, dried mango. Please avoid added sugars or fat.

DAIRY AND DAIRY SUBSTITUTES

- ◆ **Milk**, such as non-fat, skim, or low-fat milk
- ◆ **Shelf stable milk or non-dairy alternatives**, such as almond milk, soy milk, dehydrated milk, and canned evaporated milk

100% WHOLE GRAINS

- ◆ **Whole-wheat pasta, brown rice, and wild rice**
- ◆ **Whole-grain cereals**, such as healthier breakfast cereals, breakfast granola bars



HEALTHY FATS

- ◆ **Low-sodium nuts and nut butters**, such as almonds, peanuts, cashews

EXTRAS

- ◆ **Spices, herbs, etc.;** low-sodium salt, pepper, any herbs and spices that may be low in sodium (e.g. Mrs. Dash)

CONTINUES ON BACK

ASK THE PANTRY PRIOR TO DONATION IF THEY HAVE THE STORAGE CAPACITY FOR KEEPING ITEMS COLD AND FRESH, SUCH AS FRESH FRUITS, VEGETABLES, DAIRY, ETC.



WAYS TO HELP

MONEY: Financial donations make a big impact. Every \$1 donated to the Kansas Food Bank provides up to \$10 worth of food to hungry Kansans.

FOOD: The Kansas Food Bank welcomes gifts of food through canned food drives. Go to www.kansasfoodbank.org and click on Donate Food to sponsor a drive or learn where to drop off food at existing drives.

VOLUNTEER: The food bank depends on thousands of volunteers to distribute food to pantries and other hunger-relief partners around the state. Go to www.kansasfoodbank.org and click on Volunteer to learn how you and/or your organization can help.

LEARN MORE: Visit www.kansasfoodbank.org, call (316) 265-3663 or e-mail info@kansasfoodbank.org

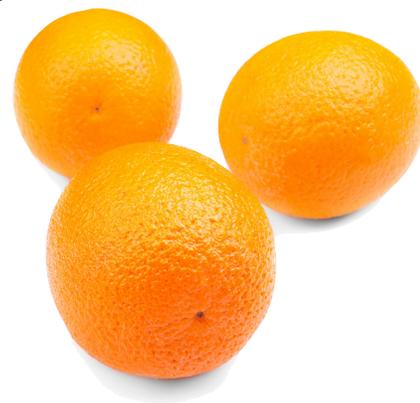
SAMPLE HEALTHY FOOD DONATION POLICY (CONTINUED)

b. (ORGANIZATION NAME) **will avoid these donations to local food pantries:**

- ◆ Glass packaging of any kind (e.g. glass jars of jelly, spaghetti sauce)
- ◆ 50 lb. bags of rice, flour, beans, etc.
- ◆ Cut fruit and vegetables (e.g. fruit trays. Keep items whole)
- ◆ Anything that has been previously opened, or sealed back with tape, will be thrown away!
- ◆ Any foods that are expired or close to the “use by date”
 - ◆ “Sell by” and “best if used by” are okay, as long as they are reasonable to the current date.

c. (ORGANIZATION NAME) **will use best practices during donation process.** Best practices include:

- ◆ Competitions
 - ◆ Healthier foods get more points, less healthier foods get fewer points
 - ◆ Try to **avoid** doing competitions based on the weight of donations



*For additional resources,
contact the Health & Wellness
Coalition or Health ICT*

