



NUTRITION POLICY

FOR FOOD PROCUREMENT, PREPARATION, AND DISTRIBUTION

POLICY PURPOSE AND RATIONAL

At Open Arms, our goal is to reduce food insecurity and improve our clients' overall health and wellbeing. To achieve this goal, we are committed to providing healthy foods and meals that emphasize fresh fruits and vegetables, whole grains, lean proteins, and items that are low in sugar, sodium, and fat.

The purpose of this nutrition policy is to provide a clear written guide for organizational decisions related to the purchase, donation, preparation, and distribution of food that occurs as part of our meal program operations. This policy communicates to our stakeholders – including staff, clients, donors, and the community – that we take our commitment to nutritious, healthy foods seriously and are dedicated to providing healthy options to those we serve.

SCOPE

This policy applies to the purchase, donation, preparation, and distribution of all food and meals served to clients as part of our meal program including the following:

- Client meal delivery (e.g. prepared frozen meals, milk, and grocery bags)
- Summer Food Service Program (SFSP) meals
- Client nutrition education and cooking classes



GOALS

Open Arms will provide clients with:

- At least 11 meals per week, rotated seasonally. Each meal will provide 1/3 of the Recommended Daily Allowance of calories, fat, carbohydrates, and protein.
- Multiple menu options that are tailored as much as possible to clients' medical needs as well as their religious and cultural preferences.
- Food that is made with high-quality ingredients and prepared fresh in the Open Arms kitchen
- Meals that support optimal health, taste good, and provide comfort.
- Fruits and Vegetables: At least 2 servings in each meal of fresh, frozen, and/or dried fruits and vegetables without added ingredients (i.e. sugar, sauces, salt, seasonings, etc)
- Grains: Whole grain or whole grain rich foods (i.e. foods that have 50% or more whole grains by weight **or** whole grain as first ingredient)
- Dairy: Non-fat or low-fat milk and low-sugar yogurt
- Snacks: Snack foods that contain ≤ 200 calories per serving and are low in fat, sugar, and sodium
- Baked goods: Bakery items prepared in-house in place of commercially manufactured items

NUTRITION STANDARDS

Overall, we strive to reach the following standards for each of the entrees we serve at Open Arms:

- Less than 600-800mg of total sodium
- Less than 22 g of total fat
- Less than 7.5 g of saturated fat
- An average of 600 calories (1/3 of recommended caloric intake based on 2000 cal per day diet)
- Locally sourced foods when appropriate and available