

## **LITTLE KITCHEN FOOD SHELF HEALTHY FOOD POLICY**

**PURPOSE:** The purpose of this written healthy food shelf policy is to guide the food procurement decisions of the food shelf and promote consistent decision making so that more healthful foods are acquired for distribution.

Little Kitchen Food Shelf provides high quality, nutritious food to our neighbors in need. We believe that abundant healthy food is a human right. We believe that a diet of minimally processed foods close to nature, predominantly plants, is decisively associated with health promotion and disease prevention.

### **SCOPE**

**NUTRITION GUIDELINES:** Little Kitchen Food Shelf is committed to distributing food in accordance with the recommendations from the Dietary Guidelines for Healthy Americans at [www.health.gov/dietaryguidelines/2010](http://www.health.gov/dietaryguidelines/2010) (to be updated later in 2015.) We will primarily collect and distribute:

- Fresh vegetables and fruits, including produce grown organically on-site
- Frozen or canned fruits and vegetables packed without syrup or added sauces or sodium
- Whole grain products particularly...
  - Foods low in trans-fats
  - Foods low in sodium
- Lean, healthy sources of protein such as...
  - Fruits and vegetables that are minimally processed (canned, frozen or dried, few additional ingredients) and 100% fruit/vegetable juices
- Products that are good sources of calcium such as...
  - Basic staple foods that provide the best nutrition per dollar

### **FOODS WE PRIORITIZE:**

Little Kitchen Food Shelf will prioritize sourcing and procurement of foods meeting these guidelines:

- Fruits and vegetables that are fresh (not “cull”) and organically grown when possible
- Produce other foods that are locally or regionally made or grown
- Foods that are culturally appropriate for our food shelf customers
- Foods that are minimally processed

### **PRACTICES WE COMMIT TO:**

- Distributing produce grown organically on-site on our gardens or from local gardeners and farmers when available.
- Communicating our healthy food drive guidelines to all food shelf partners
- LIMITING donations of cookies, baked desserts, sugary snacks and hard candy to a seasonal basis (January 1 thru April 30).

- Not distributing sugar sweetened beverages such as soda, energy drinks, or diet sodas.
- Not distributing bottled water except in times of emergency or severely hot weather.
- Being a leader and resource in promotion of “Food Empowerment” for our community by offering education and resources related to gardening, cooking, composting, smart shopping, urban farming, public health programs, alternative transportation advocacy, and especially youth education.\*

\*For more information about our programs, please contact us at 612-788-2444 x12.

## **POLICY IMPLEMENTATION**

This policy has been approved by Little Kitchen’s Advisory Team and the Council of Grace Lutheran Church of Northeast Minneapolis, for implementation by the Food Shelf Manager.

The policy will be effective November 2015, and will be integrated into Little Kitchen policies and procedures training for staff, board members, and volunteers by February 1, 2016.

The policy will be communicated and disseminated to all stakeholders by February 1, 2016. The Food Shelf Manager is responsible for the oversight of initial communications and dissemination of the policy to staff, donors, and member agencies.

Training of all staff and volunteers involved in the implementation of the policy will be initiated in 2016. The Food Shelf Manager is responsible for oversight of training regarding identification of items that do and do not meet the policy criteria for ‘Food We Prioritize’ and finding suitable sources of priority foods.

Questions and comments about the policy should be directed to the Food Shelf Manager.

The policy will be reviewed 6 months after initial implementation (May 2016) and annually thereafter by the Food Shelf Manager, the Advisory Team and the Grace Church Council.