

Food Bank Conference Nutrition Presentation

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Outline

Importance

Dietary Guidelines for Americans

Nutrition Labels

HER Nutrition Guidelines

Practicing HER

Nutritional Nudges

Importance

The Connection Between Hunger & Health:

Research shows that people who receive charitable food experience a double burden of food insecurity and chronic diseases. A national study by Feeding America found that of the households that seek charitable food assistance:



58%
OF HOUSEHOLDS HAVE A
MEMBER WITH HIGH
BLOOD PRESSURE



33%
OF HOUSEHOLDS
HAVE A MEMBER
WITH DIABETES

Chronic Disease

- Six out of ten adults in the U.S. have at least 1 chronic disease (e.g. cardiovascular conditions, diabetes, cancers) (CDC, 2023)
- Four in ten have two or more chronic diseases (CDC, 2023)
- Diet can play a major role in preventing and managing chronic disease

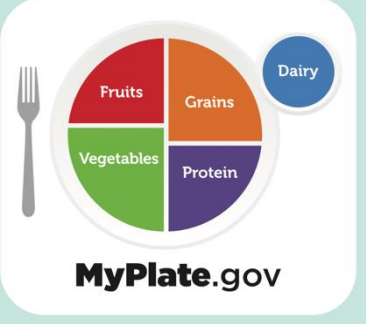
<https://pmc.ncbi.nlm.nih.gov/articles/PMC9921002/>

Centers for Disease Control and Prevention National Center for Chronic Disease Prevention and Health Promotion. About Chronic Diseases; Available online: <https://www.cdc.gov/chronicdisease/about/index.htm#risks>

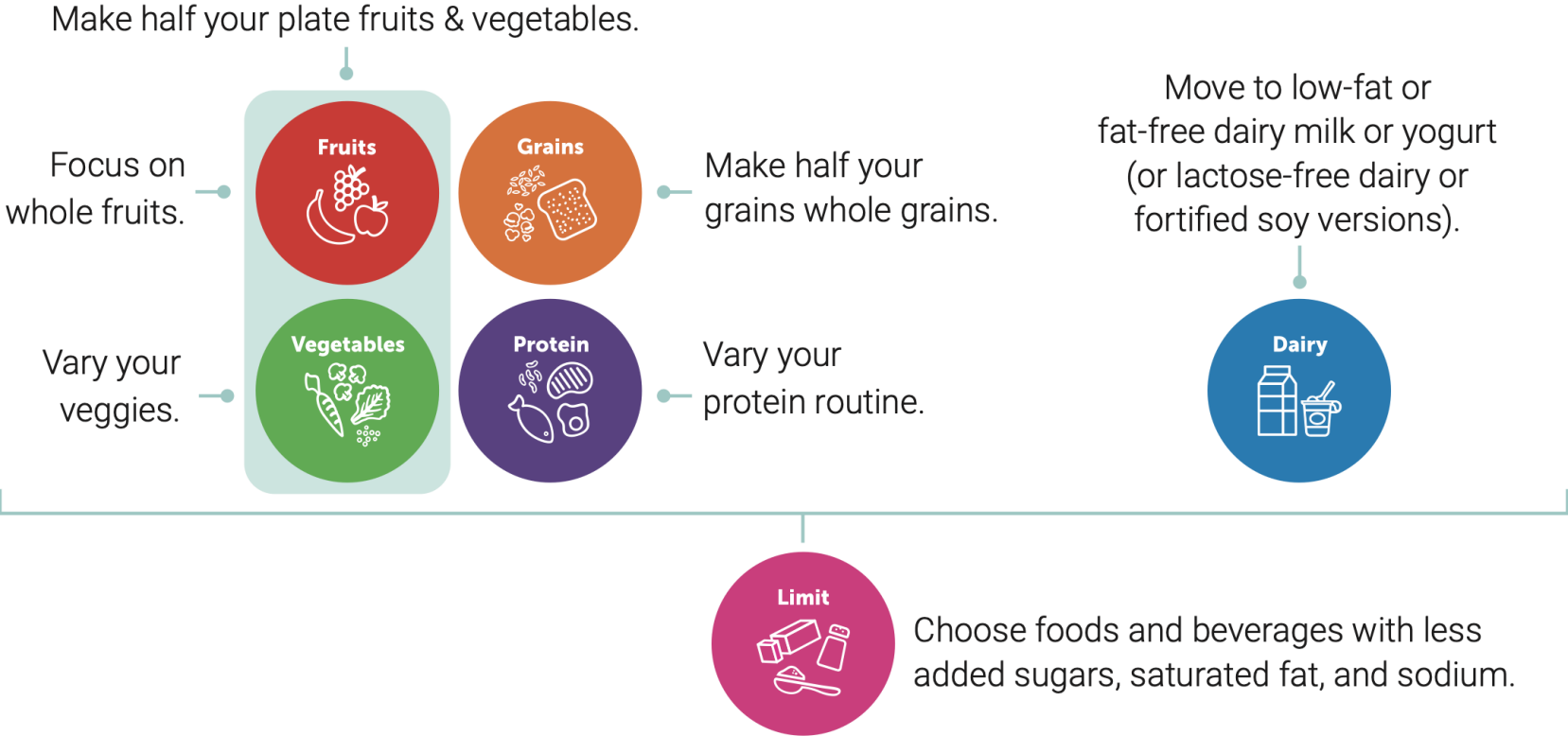
Dietary Guidelines for Americans 2020-2025

4 key recommendations

1. Follow a healthy dietary pattern at every life stage
2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
3. Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within caloric limits.
4. Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.



Healthy eating is important at every stage of life.



The benefits add up over time, bite by bite.

Limit Added Sugar, Saturated Fat, & Sodium

- Added sugars: <10% calories per day starting at age 2. Avoid added sugars for those < age 2.
 - <50g/day based on 2000 kcal diet
- Saturated fat: <10% of calories per day starting at age 2.
 - 16-22 g per day based on 2000 kcal diet
 - AHA recommends <7% of daily calories for general population, 5-6% for people at risk of CVD
- Sodium: <2300mg per day, and even less for children <14 y.o.

Daily Added Sugar Limit

MEN



**9 teaspoons
36 grams
150 calories**

WOMEN



**6 teaspoons
25 grams
100 calories**

No more than:

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1 Tbsp butter = 7g sat. fat

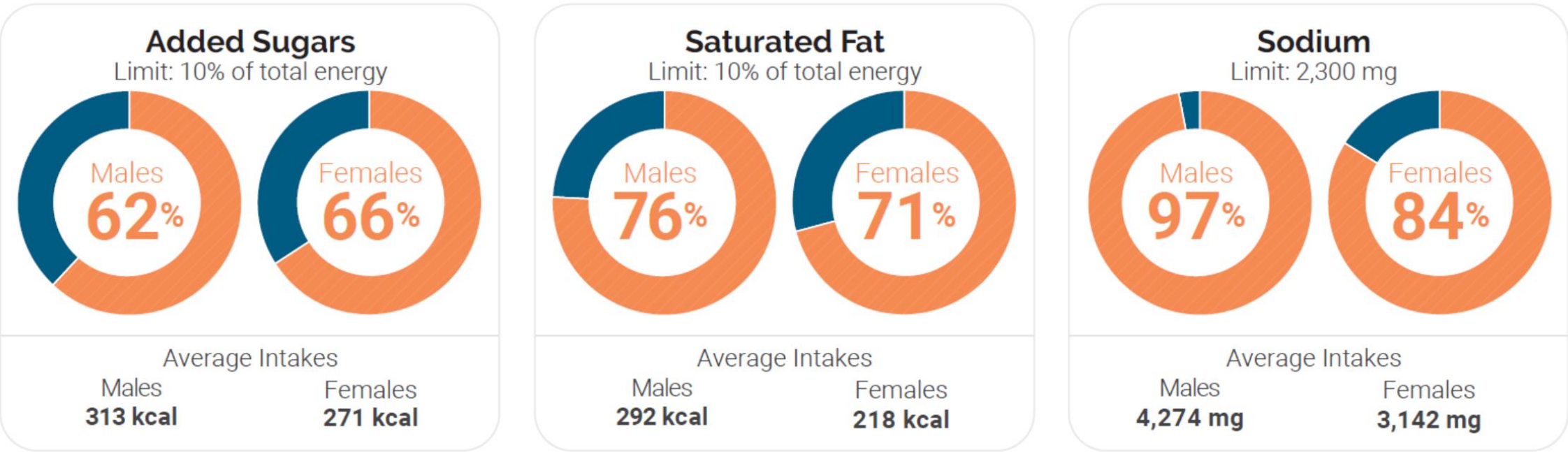
1 tsp salt = 2300mg sodium

Current Intakes: Ages 19 Through 30

Added Sugars, Saturated Fat & Sodium

Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

● Exceeding Limit ● Within Recommended Limit



- **Added sugar** → heart disease, fatty liver disease, diabetes, weight gain, inflammation, dying from CVD
- **Sodium** → blood pressure, heart, kidney, brain health
- **Saturated fat** → cardiovascular disease & events

Farquhar WB, Edwards DG, Jurkowitz CT, Weintraub WS. Dietary sodium and health: more than just blood pressure. J Am Coll Cardiol. 2015 Mar 17;65(10):1042-50. doi: 10.1016/j.jacc.2014.12.039. PMID: 25766952; PMCID: PMC5098396.

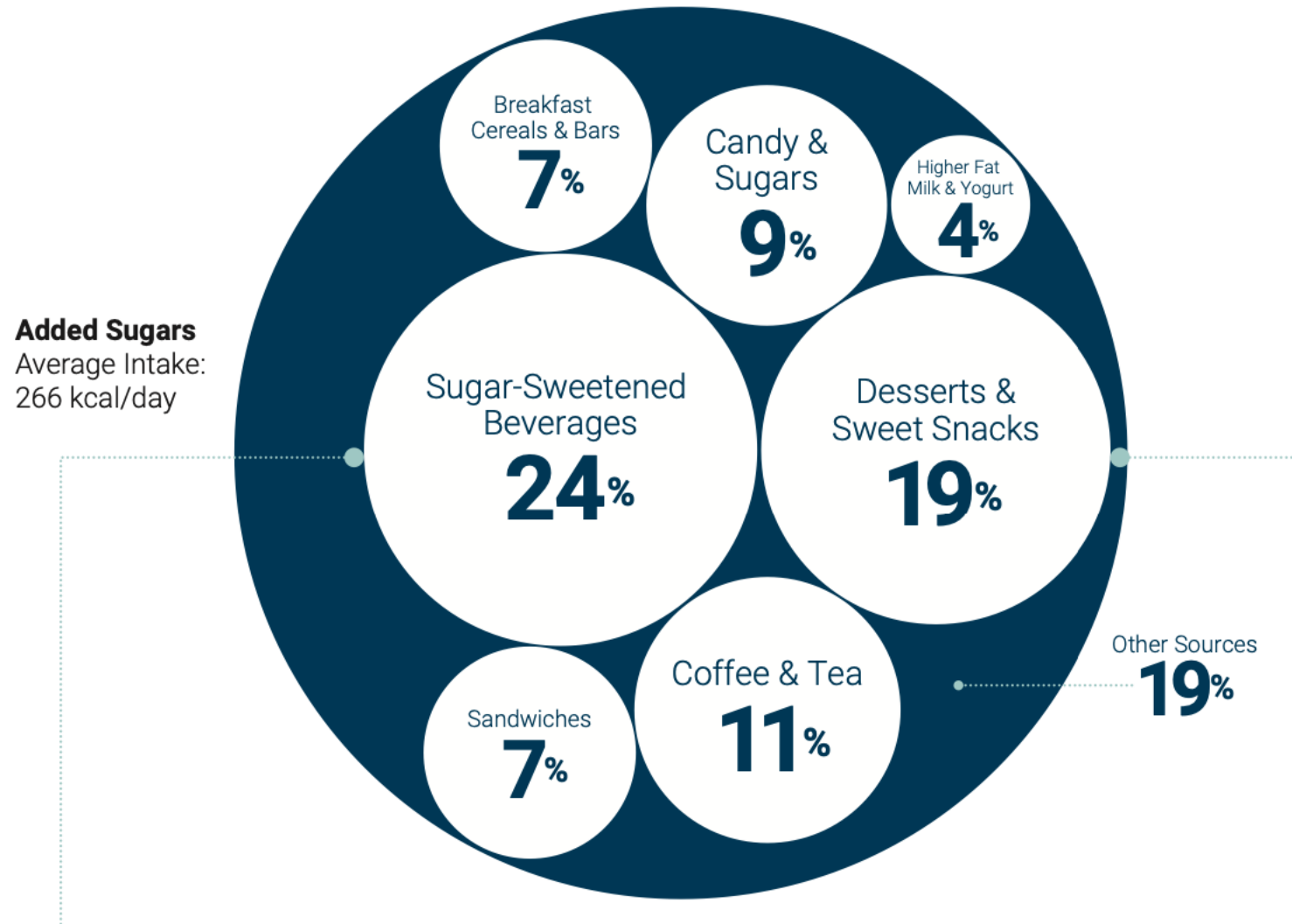
[https://www.who.int/news-room/fact-sheets/detail/sodium-reduction#:~:text=The%20primary%20health%20effect%20associated,too%20much%20sodium%20\(2\).](https://www.who.int/news-room/fact-sheets/detail/sodium-reduction#:~:text=The%20primary%20health%20effect%20associated,too%20much%20sodium%20(2).)

<https://www.health.harvard.edu/heart-health/the-sweet-danger-of-sugar>

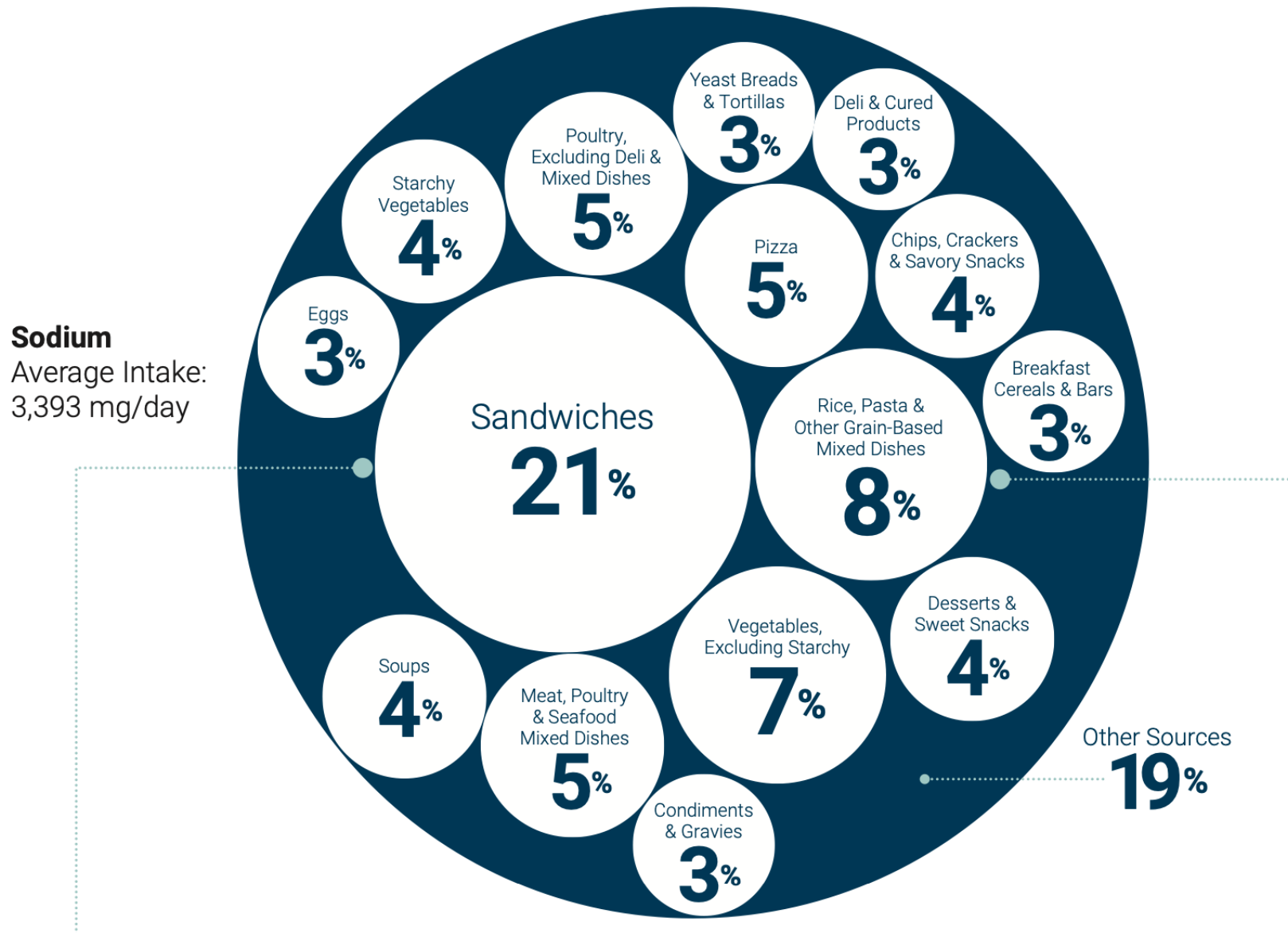
Huang Y, Chen Z, Chen B, Li J, Yuan X, Li J, Wang W, Dai T, Chen H, Wang Y, Wang R, Wang P, Guo J, Dong Q, Liu C, Wei Q, Cao D, Liu L. Dietary sugar consumption and health: umbrella review. BMJ. 2023 Apr 5;381:e071609. doi: 10.1136/bmj-2022-071609. PMID: 37019448; PMCID: PMC10074550.

Hooper L, Martin N, Jimoh OF, Kirk C, Foster E, Abdelhamid AS. Reduction in saturated fat intake for cardiovascular disease. Cochrane Database Syst Rev. 2020 May 19;5(5):CD011737. doi: 10.1002/14651858.CD011737.pub2. Update in: Cochrane Database Syst Rev. 2020 Aug 21;8:CD011737. doi: 10.1002/14651858.CD011737.pub3. PMID: 32428300; PMCID: PMC7388853.

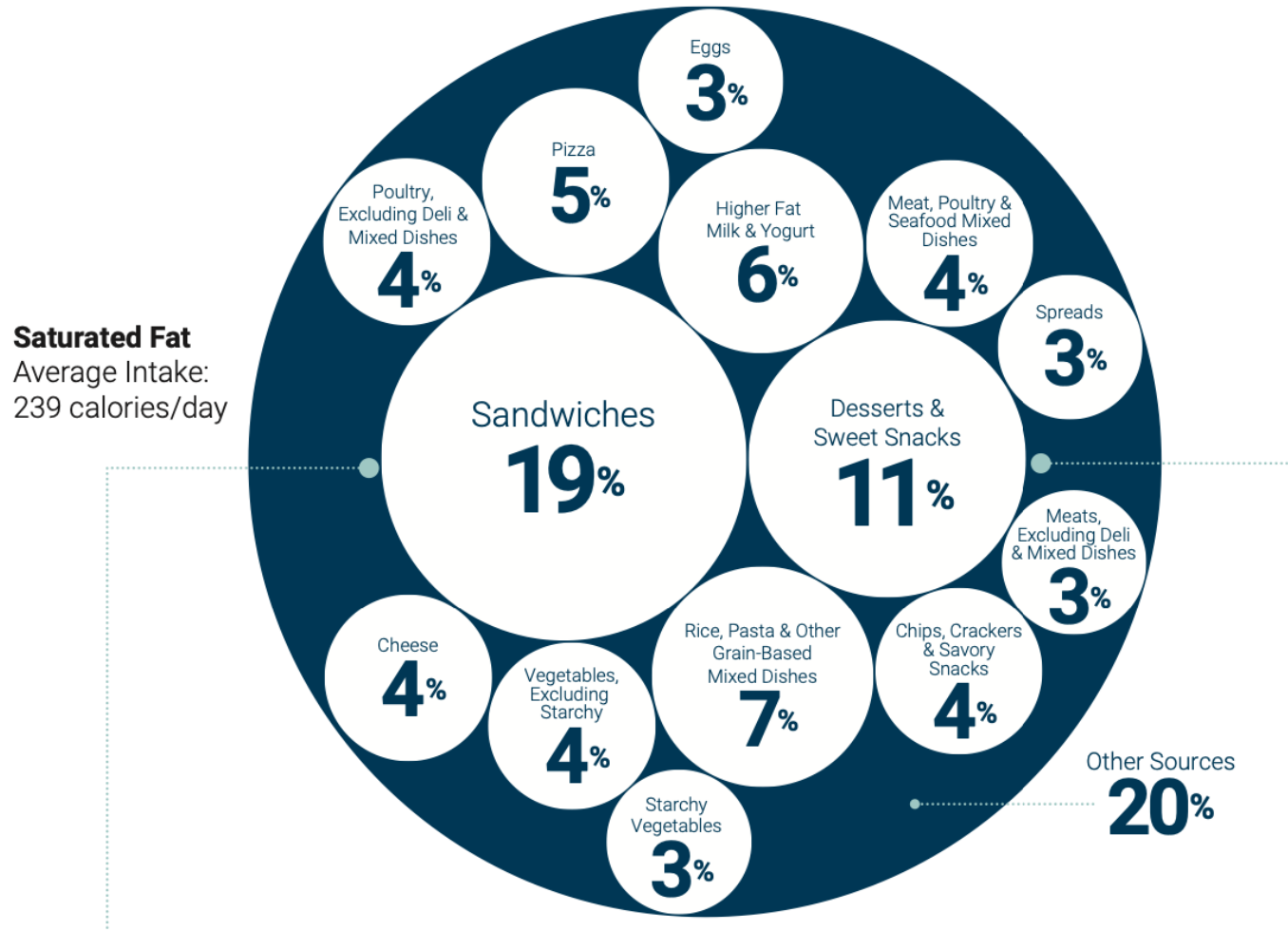
Top Sources and Average Intakes of Added Sugars: U.S. Population Ages 1 and Older



Top Sources and Average Intakes of Sodium: U.S. Population Ages 1 and Older



Top Sources and Average Intakes of Saturated Fat: U.S. Population Ages 1 and Older



Identifying Nutrients in Food

Nutrition Facts Labels

Sample Label for Frozen Lasagna

1. Serving Information →

2. Calories →

3. Nutrients →

4. Quick Guide to percent Daily Value (%DV) ←

• 5% or less is **low**
• 20% or more is **high**

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Practice: Raisin Bran Cereal

Serving size?

Servings per container?

Sodium?

Added Sugars?

Saturated Fat?

Nutrition Facts			
About 11 servings per container			
Serving size 1 Cup (59g)			
	Cereal		with ³ / ₄ cup skim milk
Calories	190		250
	% DV*		% DV*
Total Fat	1g	1%	1.5g 2%
Saturated Fat	0g	0%	0g 0%
Trans Fat	0g		0g
Polyunsat. Fat	0.5g		0.5g
Monounsatur. Fat	0g		0g
Cholesterol	0mg	0%	<5mg 1%
Sodium	200mg	9%	280mg 12%
Total Carb.	47g	17%	56g 20%
Dietary Fiber	7g	26%	7g 26%
Total Sugars	17g		26g
Incl. Added Sugars	9g	18%	9g 18%
Protein	5g	4%	11g 16%
Vitamin D	0mcg	0%	2.2mcg 10%
Calcium	20mg	0%	240mg 15%
Iron	1.8mg	10%	1.8mg 10%
Potassium	280mg	6%	560mg 10%
Niacin		15%	20%
Phosphorus		10%	25%
Magnesium		15%	20%
Zinc		10%	15%
Selenium		10%	20%
Copper		20%	20%
Manganese		80%	80%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			

Ingredients: Whole grain wheat, raisins, wheat bran, sugar, brown sugar syrup.

Contains 2% or less of malt flavor, salt.

CONTAINS WHEAT INGREDIENTS.

Practice: Canned Peaches

Serving size?

Servings per container?

Sodium?

Added Sugars?

Saturated Fat?

Nutrition Facts			
about 3.5 servings per container			
Serving size		1/2 cup (122g)	
Calories	Per serving	Per container	
	30	110	
	% DV*	% DV*	
Total Fat	0g 0%	0.5g	1%
Saturated Fat	0g 0%	0g	0%
Trans Fat	0g	0g	
Cholesterol	0mg 0%	0mg	0%
Sodium	0mg 0%	0mg	0%
Total Carbohydrate	8g 3%	27g	10%
Dietary Fiber	1g 4%	4g	14%
Total Sugars	7g	23g	
Incl. Added Sugars	0g 0%	0g	0%
Protein	1g	3g	
Vitamin D	0mcg 0%	0mcg	0%
Calcium	10mg 0%	20mg	0%
Iron	0mg 0%	1mg	6%
Potassium	150mg 4%	530mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			



INGREDIENTS: PEACHES, WATER, SUCRALOSE.

Practice: Yogurt



Serving size?

Servings per container?

Sodium?

Added Sugars?

Saturated Fat?

Nutrition Facts Serv. size: **1 Container (150g)**,
Amount per serving: **Calories 120**, **Total Fat** 3g (4% DV), Sat. Fat 1.5g (8% DV), *Trans Fat* 0g, **Cholest.** 15mg (5% DV), **Sodium** 50mg (2% DV), **Total Carb.** 11g (4% DV), Fiber <1g (2% DV), Total Sugars 9g (Incl. 5g Added Sugars, 10% DV), **Protein** 12g (24% DV), Vit. D (0% DV), Calcium (10% DV), Iron (0% DV), Potas. (4% DV).

Ingredients

Cultured reduced fat milk, cane sugar, water, strawberry puree, fruit pectin, natural flavors, locust bean gum, fruit and vegetable juice concentrate (for color), guar gum, lemon juice concentrate.

Role of Food Banks/ Food Pantries

Support population health by:

- Improving nutritional quality of foods at food banks/pantries
- Providing access to resources plus food
- Treating people with dignity
- Research shows that healthful fresh foods (fresh vegetables, fresh meat, poultry, fish, fruits) are most preferred by people using food assistance

Food environment/food access makes a difference in health!

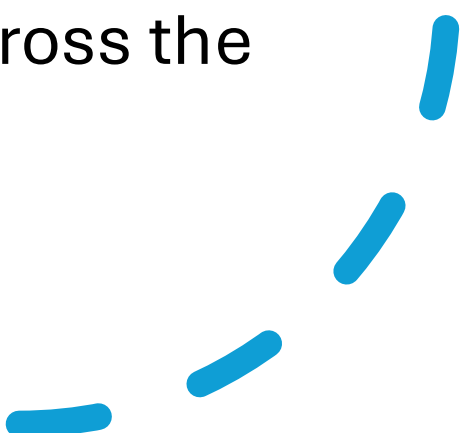
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Webb K, Campbell E, Ross M, Crawford P. Improving the Nutritional Quality of Foods Distributed to Lower-Income Families Through Emergency Food Services: A Study of Nutrition-Related Policies and Practices of Food Banks and Food Pantries.

Weinfeld NS, Mills G, Borger C, Gearing M, Macaluso T, Montaquila J, Zedlewski S. Hunger in America 2014, National Report Prepared for Feeding America. Available at: <http://www.resourcelibrary.gcyf.org/sites/gcyf.org/files/resources/2014/hunger-in-america-2014-full-report.pdf>. Accessed January 26, 2015.

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Importance of common nutrition criteria

- Guide conversations with donors about preferred foods
 - Have conversations with policymakers about strategies to incentivize healthier donations
 - Guide decisions about best use of dollars to purchase foods
 - Streamline food distribution across the country with consistency
- 
- A blue dashed line in the bottom right corner, consisting of several short, curved segments.

Different Nutrition Ranking Systems

- Foods to Encourage (F2E), 2015
 - Binary system
- Choose Healthy Options Program (CHOP):
 - Pittsburgh, based on Nutrient Rich Food System; 9 nutrients to encourage, 3 to limit; score 100g of food with algorithm; results categorized as 1 (choose frequently), 2 (choose occasionally), 3 (choose rarely)
- Capital Area Food Bank CAFB Wellness tracking system, 2014
- Supporting Wellness At Pantries (SWAP): originally developed in 2016
 - Stoplight system; ranking saturated fat, sodium, sugar
 - **Revised in 2020 to align with the Healthy Eating Research (HER) guidelines**

SWAP & HER

- SWAP is a suite of tools to operationalize the HER nutrition guidelines in food banks and food pantries
- SWAP is aligned 100% with HER guidelines, ranking criteria based on HER
- SWAP was piloted in food pantries in CT and in 8 food banks



**Healthy Eating Research
Nutrition Guidelines for the
Charitable Food System**

HER Nutrition Guidelines

(Healthy Eating Research)

Background

- Developed by a panel of experts 2019-2020
- Problem: inconsistent use of nutrition guidelines & lack of clarity about nutritional quality of foods offered & received
- Goal: create clear, specific recommendations based on evidence-based guidelines for the unique needs of charitable food systems
- Intent: improve quality of food in food banks & pantries, increase access to and promote healthier food choices.

Key Considerations

- Respect & Dignity
- Capacity & Cost
- Reliance on volunteers
- Use of weight as metric
- Mixed foods
- Donor relationships
- Consistent messaging
- Evolution of nutrition science, product formulation, consumer info

HER Nutrition Guideline Basics

- 11 Food categories
- Ranks food based on the amount of **saturated fat**, **sodium**, and **added sugars** per serving size
- Use colors to rank individual foods as: “**Choose Often**”= Green; “**Choose Sometimes**” = Yellow; “**Choose Rarely**”= Red
- Ranking criteria are specific to each food category (not comparing food from different categories)
- Overall food ranking is based on the lowest tier of any nutrient
 - For example: food ranked as green for saturated fat, yellow for sodium, & red for sugar would have a final ranking of red, choose rarely.

11 Food Categories

Food Category	Examples
Fruits & Vegetables	Fresh, canned, frozen, dried, 100% juice
Grains	Bread, rice, pasta, grains w/seasoning
Protein	Animal: beef, pork, poultry, eggs, fish, hot dogs Plant-based: legumes, beans, nuts, seeds, soy, peanut butter, veggie burgers
Dairy	Milk, cheese, yogurt
Non-Dairy Alternatives	Plant-based milks, yogurts, cheeses
Beverages	Water, soda, coffee, tea, sports drinks, juice
Mixed Dishes	Frozen meals, soups, stews, mac & cheese
Processed & Packaged Snacks	Chips, crackers, granola bars, popcorn
Desserts	Ice cream, frozen yogurt, chocolate, cookies, cakes, pastries, baked goods, cake mixes
Condiments & Cooking Staples	Spices, oil, butter, salad dressing, jarred sauces, seasoning, sugar
Miscellaneous	Nutritional supplements, baby food

← All are **Choose Rarely**

⎵ **Not ranked**

See Handout

Food Category*	Example Products	Choose Often			Choose Sometimes			Choose Rarely		
		Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**
Fruits and Vegetables	Fresh, canned, frozen, and dried fruits and vegetables, frozen broccoli with cheese sauce, apple sauce, tomato sauce, 100% juice, 100% fruit popsicle	≤2 g	≤230 mg	0 g	All 100% juice and plain dried fruit			≥2.5 g***	≥480 mg	≥12 g
					≥2.5 g***	231-479 mg	1-11 g			
Grains	Bread, rice, pasta, grains with seasoning mixes	First ingredient must be whole grain AND meet following thresholds:			≥2.5 g***	231-479 mg	7-11 g	≥2.5 g***	≥480 mg	≥12 g
		≤2 g	≤230 mg	≤6 g						
Protein	Animal (beef, pork, poultry, sausage, deli meats, hot dogs, eggs) and plant proteins (nuts, seeds, veggie burgers, soy, beans, peanut butter)	≤2 g	≤230 mg	≤6 g	2.5-4.5 g	231-479 mg	7-11 g	≥5 g	≥480 mg	≥12 g
Dairy	Milk, cheese, yogurt	≤3 g	≤230 mg	0 g	3.5-6 g	231-479 mg	1-11 g	≥6.5 g	≥480 mg	≥12 g
Non-Dairy Alternatives	All plant-based milks, yogurts and cheeses	≤2 g	≤230 mg	≤6 g	≥2.5 g	231-479 mg	7-11 g	≥2.5 g	≥480 mg	≥12 g
Beverages	Water, soda, coffee, tea, sports drinks, non-100% juice products	0 g	0 mg	0 g	0 g	1-140 mg	1-11 g	≥1 g	≥141 mg	≥12 g
Mixed Dishes	Frozen meals, soups, stews, macaroni and cheese	≤3 g	≤480 mg	≤6 g	3.5-6 g	481-599 mg	7-11 g	≥6.5 g	≥600 mg	≥12 g
Processed and Packaged Snacks	Chips (including potato, corn, and other vegetable chips), crackers, granola and other bars, popcorn	None			If a grain is the first ingredient, it must be a whole grain AND meet following thresholds:			≥2.5 g	≥141mg	≥7 g
					0-2 g	0-140 mg	0-6 g			
Desserts	Ice cream, frozen yogurt, chocolate, cookies, cakes, pastries, snack cakes, baked goods, cake mixes	None			None			All desserts		
Condiments and Cooking Staples	Spices, oil, butter, plant-based spreads, flour, salad dressing, jarred sauces (except tomato sauce), seasoning, salt, sugar	Not ranked								
Miscellaneous Products	Nutritional supplements, baby food	Not ranked								

Fruits & Vegetables

Food Category*	Example Products	Choose Often			Choose Sometimes			Choose Rarely		
		Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**
Fruits and Vegetables	Fresh, canned, frozen, and dried fruits and vegetables, frozen broccoli with cheese sauce, apple sauce, tomato sauce, 100% juice, 100% fruit popsicle	≤2 g	≤230 mg	0 g	All 100% juice and plain dried fruit			≥2.5 g***	≥480 mg	≥12 g
					≥2.5 g***	231-479 mg	1-11 g			

Education: rinse to reduce sodium; choose “no added sugar”; canned fruit better in 100% juice; difference between 100% juice and sugar added juices.

Grains

Food Category*	Example Products	Choose Often			Choose Sometimes			Choose Rarely		
		Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**
Grains	Bread, rice, pasta, grains with seasoning mixes	First ingredient must be whole grain AND meet following thresholds:			≥2.5 g***	231-479 mg	7-11 g	≥2.5 g***	≥480 mg	≥12 g
		≤2 g	≤230 mg	≤6 g						

First ingredient: “whole wheat”, “brown rice”, “bulger”, “buckwheat”, “oatmeal”, “whole-grain cornmeal”, “whole oats”, “whole rye”

These don’t qualify: “Enriched”, “unbleached”, “wheat” are considered refined grain

Protein

Food Category*	Example Products	Choose Often			Choose Sometimes			Choose Rarely		
		Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**
Protein	Animal (beef, pork, poultry, sausage, deli meats, hot dogs, eggs) and plant proteins (nuts, seeds, veggie burgers, soy, beans, peanut butter)	≤2 g	≤230 mg	≤6 g	2.5-4.5 g	231-479 mg	7-11 g	≥5 g	≥480 mg	≥12 g
		Dried beans; low-sodium canned beans; some nut butters; nuts; fresh poultry; fish; eggs; tofu; low-sodium canned tuna; canned salmon			Canned beans; baked beans; some nut butters; regular canned fish; pork			Refried beans; deli meat; sausage; bacon; most red meat; breaded chicken		

Education: choose protein from a variety of sources, consider plant-based proteins; rinse can foods to reduce sodium; choose lean meats; limit processed meats.

Dairy

Food Category*	Example Products	Choose Often			Choose Sometimes			Choose Rarely		
		Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**
Dairy	Milk, cheese, yogurt	≤3 g	≤230 mg	0 g	3.5-6 g	231-479 mg	1-11 g	≥6.5 g	≥480 mg	≥12 g
	Dairy	Fat-free or low-fat unsweetened yogurt; skim, 1% and 2% milk; fat-free and reduced fat cheeses; light sour cream			Some reduced fat or whole milk cheeses; cottage cheese; whipped cream cheese; whole milk; full-fat sour cream; some low-fat flavored milks; low-fat flavored yogurts			Full-fat cheese and cream cheese; some low-fat and full-fat flavored milks; some flavored yogurts		

Education: choose lower fat options; meet calcium needs through milk & yogurt instead of cheese; consider dairy allergies & sensitivities; recommendations may vary based on population group.

Non-Dairy Alternatives

Food Category*	Example Products	Choose Often			Choose Sometimes			Choose Rarely		
		Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**
Non-Dairy Alternatives	All plant-based milks, yogurts and cheeses	≤2 g	≤230 mg	≤6 g	≥2.5 g	231-479 mg	7-11 g	≥2.5 g	≥480 mg	≥12 g

Education: pay attention to added sugar & sodium in non-dairy cheeses.

Beverages

Food Category*	Example Products	Choose Often			Choose Sometimes			Choose Rarely		
		Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**
Beverages	Water, soda, coffee, tea, sports drinks, non-100% juice products	0 g	0 mg	0 g	0 g	1-140 mg	1-11 g	≥1 g	≥141 mg	≥12 g
		Plain water; flavored and unflavored sparkling water; plain coffee; unsweetened tea			Diet soft drinks; diet iced teas; sugar free energy drinks; sparkling water with sodium or added sugar; coconut water			Sweetened energy drinks; sports drinks; regular sodas; non-100% juice drinks with added sugar		

Education: Limit sugar-sweetened beverages; choose water as primary beverage; learn to read Nutrition Facts labels.

Mixed Dishes

Food Category*	Example Products	Choose Often			Choose Sometimes			Choose Rarely		
		Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**
Mixed Dishes	Frozen meals, soups, stews, macaroni and cheese	≤3 g	≤480 mg	≤6 g	3.5-6 g	481-599 mg	7-11 g	≥6.5 g	≥600 mg	≥12 g

Processed & Packaged Snacks

Food Category*	Example Products	Choose Often			Choose Sometimes			Choose Rarely		
		Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**
Processed and Packaged Snacks	Chips (including potato, corn, and other vegetable chips), crackers, granola and other bars, popcorn	None			If a grain is the first ingredient, it must be a whole grain AND meet following thresholds:			≥2.5 g	≥141mg	≥7 g
					0-2 g	0-140 mg	0-6 g			

Does not include minimally processed snacks like plain nuts, sliced apples, cheese.

Education: limit portion sizes & frequency of consumption; identify nutrient dense options.

Desserts, Condiments, Miscellaneous

Food Category*	Example Products	Choose Often			Choose Sometimes			Choose Rarely		
		Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**
Desserts	Ice cream, frozen yogurt, chocolate, cookies, cakes, pastries, snack cakes, baked goods, cake mixes	None			None			All desserts		
Condiments and Cooking Staples	Spices, oil, butter, plant-based spreads, flour, salad dressing, jarred sauces (except tomato sauce), seasoning, salt, sugar	Not ranked								
Miscellaneous Products	Nutritional supplements, baby food	Not ranked								

Education: limit dessert portion sizes & frequency; substitute healthier dessert options.
 Encourage cooking with condiments & cooking staples.

Steps to Rank Foods

Step 1: Sort & organize food by category (e.g., fruit & vegetable, protein, dairy)

Step 2: Review levels of saturated fat, sodium and added sugar on the nutrition facts label *per serving*

Step 3: Compare levels of the three nutrients against ranges in the HER chart

Step 4: If any nutrients are in the **Choose Rarely** range, the food is **Choose Rarely**. If any nutrients are in the **Choose Sometimes** range and **none** are in **Choose Rarely** range, the food is **Choose Sometimes**. If **all three nutrients** are in the **Choose Often** range, the food is **Choose Often**.

Practice using HER guidelines

Practice: Raisin Bran Cereal

Serving size?

Servings per container?

Sodium?

Added Sugars?

Saturated Fat?

Food category?

Green, yellow, or red?

Nutrition Facts			
About 11 servings per container			
Serving size 1 Cup (59g)			
	Cereal		with ³ / ₄ cup skim milk
Calories	190		250
	% DV*		% DV*
Total Fat	1g	1%	1.5g 2%
Saturated Fat	0g	0%	0g 0%
Trans Fat	0g		0g
Polyunsat. Fat	0.5g		0.5g
Monounsatur. Fat	0g		0g
Cholesterol	0mg	0%	<5mg 1%
Sodium	200mg	9%	280mg 12%
Total Carb.	47g	17%	56g 20%
Dietary Fiber	7g	26%	7g 26%
Total Sugars	17g		26g
Incl. Added Sugars	9g	18%	9g 18%
Protein	5g	4%	11g 16%
Vitamin D	0mcg	0%	2.2mcg 10%
Calcium	20mg	0%	240mg 15%
Iron	1.8mg	10%	1.8mg 10%
Potassium	280mg	6%	560mg 10%
Niacin		15%	20%
Phosphorus		10%	25%
Magnesium		15%	20%
Zinc		10%	15%
Selenium		10%	20%
Copper		20%	20%
Manganese		80%	80%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			

Ingredients: Whole grain wheat, raisins, wheat bran, sugar, brown sugar syrup.

Contains 2% or less of malt flavor, salt.

CONTAINS WHEAT INGREDIENTS.

Practice: Canned Peaches

Serving size?

Servings per container?

Sodium?

Added Sugars?

Saturated Fat?

Food category?

Green, yellow, or red?

Nutrition Facts			
about 3.5 servings per container			
Serving size		1/2 cup (122g)	
	Per serving	Per container	
Calories	30	110	
	% DV*	% DV*	
Total Fat	0g 0%	0.5g	1%
Saturated Fat	0g 0%	0g	0%
Trans Fat	0g	0g	
Cholesterol	0mg 0%	0mg	0%
Sodium	0mg 0%	0mg	0%
Total Carbohydrate	8g 3%	27g	10%
Dietary Fiber	1g 4%	4g	14%
Total Sugars	7g	23g	
Incl. Added Sugars	0g 0%	0g	0%
Protein	1g	3g	
Vitamin D	0mcg 0%	0mcg	0%
Calcium	10mg 0%	20mg	0%
Iron	0mg 0%	1mg	6%
Potassium	150mg 4%	530mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			



INGREDIENTS: PEACHES, WATER, SUCRALOSE.

Practice: Yogurt



Serving size?

Servings per container?

Sodium?

Added Sugars?

Saturated Fat?

Food category?

Green, yellow, or red?

Nutrition Facts Serv. size: **1 Container (150g)**,
Amount per serving: **Calories 120**, **Total Fat** 3g (4% DV), Sat. Fat
1.5g (8% DV), *Trans Fat* 0g, **Cholest.** 15mg (5% DV), **Sodium** 50mg (2%
DV), **Total Carb.** 11g (4% DV), Fiber <1g (2% DV), Total Sugars 9g (Incl. 5g
Added Sugars, 10% DV), **Protein** 12g (24% DV), Vit. D (0% DV), Calcium
(10% DV), Iron (0% DV), Potas. (4% DV).

Ingredients

Cultured reduced fat milk, cane sugar, water, strawberry puree, fruit pectin, natural flavors, locust bean gum, fruit and vegetable juice concentrate (for color), guar gum, lemon juice concentrate.

Practice: Peanut Butter

Serving size?

Servings per container?

Sodium?

Added Sugars?

Saturated Fat?

Food category?

Green, yellow, or red?



INGREDIENTS: ROASTED PEANUTS, SUGAR, HYDROGENATED VEGETABLE OIL (COTTONSEED, SOYBEAN AND RAPESEED OIL TO PREVENT SEPARATION), SALT.

Nutrition Facts

About 14 servings per container

Serving size 2 Tbsp (32g)

Amount per serving

Calories 190

% Daily Value*

Total Fat 16g **21%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **7%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **7%**

Total Sugars 3g

Includes 2g Added Sugars **4%**

Protein 7g **7%**

Vitamin D 0mcg 0% • Calcium 0mg 0%

Iron 0.4mg 2% • Potassium 90mg 2%

Vitamin E 1.5mg 10% • Niacin 3.2mg 20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Practice: Granola Bar

Serving size?

Servings per container?

Sodium?

Added Sugars?

Saturated Fat?

Food category?

Green, yellow, or red?

Nutrition Facts

Serving Size 2 bars (42g)

Servings Per Container 6

Amount Per Serving	2 bars		1 bar	
Calories	190		90	
Calories from Fat	60		30	
	%DV*		%DV*	
Total Fat	6g	9%	3g	5%
Saturated Fat	0.5g	3%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	160mg	7%	80mg	3%
Total Carbohydrate	29g	10%	15g	5%
Dietary Fiber	2g	8%	1g	4%
Sugars	12g		6g	
Protein	4g		2g	
Iron	4%		2%	

Not a significant source of vitamin A, vitamin C and calcium.



Ingredients: Whole Grain Oats, Sugar, Canola Oil, Yellow Corn Flour, Honey, Soy Flour, Brown Sugar Syrup, Salt, Soy Lecithin, Baking Soda, Natural Flavor.
CONTAINS SOY; MAY CONTAIN PEANUT, ALMOND AND PECAN INGREDIENTS.

Practice: Coconut Milk

Serving size?

Servings per container?

Sodium?

Added Sugars?

Saturated Fat?

Food category?

Green, yellow, or red?

Nutrition Facts

Serving size: 0.25 Cup/Taza (59ml)

Amount per serving

Calories 100

% Daily Value*

Total Fat 9g 11%

Saturated Fat 9g 44%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Total Sugars 2g

Protein 2g 0%

Vitamin D 0mcg

Calcium 0mg

Iron 0mg

Potassium 128mg

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Coconut Milk, Water, Potassium Metabisulfite (as a preservative).

Practice: Coconut Water

Serving size?

Servings per container?

Sodium?

Added Sugars?

Saturated Fat?

Food category?

Green, yellow, or red?

100% JUICE	
Nutrition Facts	
Serving size	1 Container
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 1g Added Sugars	2%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 0mg	0%
Potassium 646mg	15%
Vitamin C 46mg	50%
Phosphorus 17mg	2%
Magnesium 24mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.	



INGREDIENTS: COCONUT WATER,
LESS THAN 1% SUGAR, VITAMIN C
(ASCORBIC ACID).

Practice: Oatmilk

Serving size?

Servings per container?

Sodium?

Added Sugars?

Saturated Fat?

INGREDIENTS: OATMILK (FILTERED WATER, OATS), CALCIUM CARBONATE, DIPOTASSIUM PHOSPHATE (STABILIZER), SEA SALT, GELLAN GUM, VITAMIN A PALMITATE, VITAMIN D2, RIBOFLAVIN (VITAMIN B2) AND VITAMIN B12.

Nutrition Facts

About 6 servings per container
Serving size 1 Cup(240mL)

Amount per serving

Calories 90

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 20g 7%

Dietary Fiber 2g 7%

Soluble Fiber 2g

Total Sugars 3g

Includes 3g Added Sugars 6%

Protein 2g 1%

Vitamin D 4mcg 20%

Calcium 350mg 25%

Iron 0.3mg 2%

Potassium 400mg 8%

Vitamin A 180mcg 20%

Riboflavin 0.13mg 10%

Vitamin B12 0.24mcg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Practice: Broccoli & Cheese Sauce

Serving size?

Servings per container?

Sodium?

Added Sugars?

Saturated Fat?

Food category?

Green, yellow, or red?

Nutrition Facts			
2 servings per container			
Serving size 2/3 cup (110g) frozen			
Calories	Per serving		Per container
	60		120
	% Daily Value*		% Daily Value*
Total Fat	3g	4%	6g 8%
Saturated Fat	1.5g	8%	3g 15%
Trans Fat	0g		0g
Cholesterol	5mg	2%	15mg 5%
Sodium	430mg	19%	890mg 39%
Total Carbohydrate	6g	2%	12g 4%
Dietary Fiber	2g	7%	4g 14%
Total Sugars	1g		3g
Incl. Added Sugars	0g	0%	0g 0%
Protein	3g		5g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	60mg	4%	130mg 10%
Iron	0.5mg	2%	1.1mg 6%
Potassium	150mg	4%	320mg 6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			



Ingredients

Broccoli, Water, Whey, Modified Corn Starch, Natural Flavors, Salt, Soybean Oil, Palm Oil, Cheddar Cheese (milk, Cheese Cultures, Salt, Enzymes), Ricotta Cheese (whey, Milkfat, Lactic Acid, Salt), Whey Protein Concentrate, Xanthan Gum, Annatto And Paprika Extract (color), Milk Protein Concentrate, Sodium Alginate.

Practice: Pancake Mix

Serving size?

Servings per container?

Sodium?

Added Sugars?

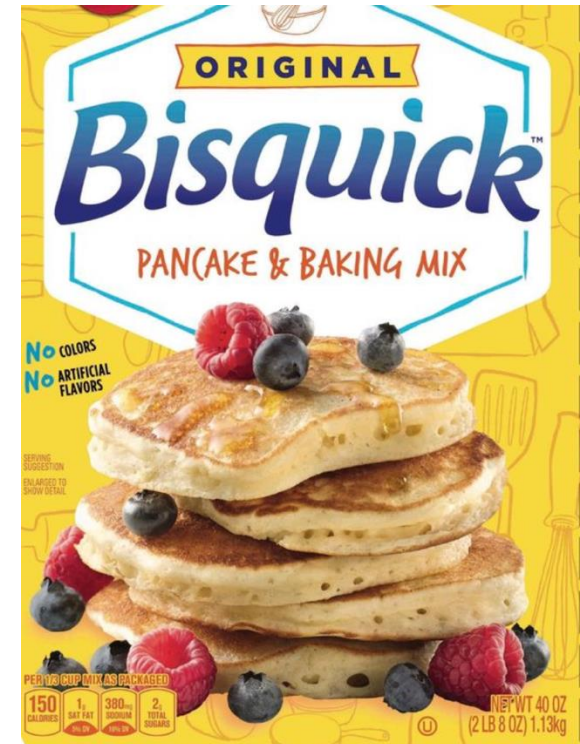
Saturated Fat?

Food category?

Green, yellow, or red?

Nutrition Facts		
About 28 servings per container		
Serving size 1/3 cup mix (40g)		
Amount per serving		
Calories	150	
% Daily Value*		
Total Fat	3g	4%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	380mg	16%
Total Carbohydrate	28g	10%
Dietary Fiber	1g	3%
Total Sugars	2g	
Includes 2g Added Sugars		4%
Protein	3g	
Calcium	60mg	4%
Iron	1.4mg	6%
Not a significant source of vitamin D and potassium.		
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

Ingredients: Enriched Flour Bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Corn Starch, Dextrose, Palm Oil, Leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), Canola Oil, Salt, Sugar, DATEM, Distilled Monoglycerides. CONTAINS WHEAT INGREDIENTS.



Practice: Veggie Burger

Serving size?

Servings per container?

Sodium?

Added Sugars?

Saturated Fat?

Food category?

Green, yellow, or red?

Nutrition Facts

4 servings per container
Serving size 1 Burger (64g)

Amount per serving
Calories 140

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 320mg 14%

Total Carbohydrate 8g 3%

Dietary Fiber 3g 11%

Total Sugars 2g

Includes <1g Added Sugars 1%

Protein 16g 21%

Vitamin D 0mcg 0% • Calcium 50mg 4%

Iron 1.1mg 6% • Potassium 230mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Water, wheat gluten, soy protein concentrate, vegetable oil (corn, canola and/or sunflower), egg whites, calcium caseinate, onion powder.

Contains 2% or less of cornstarch, onion and carrot juice concentrate, methylcellulose, natural flavor, salt, soy sauce (fermented soybeans, salt), soy protein isolate, sugar, garlic powder, spices, whey, yeast extract, xanthan gum, tomato paste (tomatoes).

CONTAINS WHEAT, SOY, EGG AND MILK INGREDIENTS.

Distributed by Kellogg Sales Co
Battle Creek, MI 49016
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Practice: Tomato Sauce

Serving size?

Servings per container?

Sodium?

Added Sugars?

Saturated Fat?

Food category?

Green, yellow, or red?

INGREDIENTS: ROMA TOMATO PUREE (WATER, ROMA TOMATO PASTE), SEA SALT, CITRIC ACID, ONION POWDER, GARLIC POWDER, SPICES.

Nutrition Facts

About 7 servings per container

Serving size 1/4 cup (61g)

Amount per serving

Calories 20

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 320mg 14%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 1g

Vit. D 0mcg 0% • Calcium 13mg 2%

Iron 0.4mg 2% • Potas. 211mg 4%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Practice:

Chicken Noodle Soup

Serving size?

Servings per container?

Sodium?

Added Sugars?

Saturated Fat?

Food category?

Green, yellow, or red?

INGREDIENTS: CHICKEN STOCK, CARROTS, COOKED CHICKEN MEAT, ENRICHED NOODLES (WHEAT FLOUR, EGG WHITE, WHOLE EGG, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CELERY, CONTAINS LESS THAN 2% OF: MODIFIED CORN STARCH, CHICKEN FAT, SEA SALT, POTASSIUM CHLORIDE, SALT, FLAVORING, SUGAR, DISODIUM INOSINATE, DISODIUM GUANYLATE, MALTODEXTRIN, SODIUM PHOSPHATE, LACTIC ACID, BETA-CAROTENE (FOR COLOR), GARLIC POWDER, YEAST EXTRACT, SPICE.

CONTAINS EGGS AND WHEAT.

DISTRIBUTED BY: Walmart Inc., Bentonville, AR 72716

CONTAINS A BIOENGINEERED FOOD INGREDIENT.

Nutrition Facts

about 2 servings per container

Serving size **1 cup (245g)**

	Per serving		Per container	
Calories		100		210
	% DV*		% DV*	
Total Fat	3.5g	4%	8g	10%
Saturated Fat	1g	5%	2g	10%
Trans Fat	0g		0g	
Cholesterol	20mg	7%	45mg	15%
Sodium	800mg	35%	1,730mg	75%
Total Carb.	12g	4%	25g	9%
Dietary Fiber	1g	4%	2g	7%
Total Sugars	1g		3g	
Incl. Added Sugars	0g	0%	<1g	1%
Protein	5g		12g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	40mg	4%	80mg	6%
Iron	0.9mg	6%	1.9mg	10%
Potassium	550mg	10%	1,190mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Helpful Resources

Guidelines to Help Categorize Foods

For Ranking Food Utilizing the HER Guidelines for the Charitable Food System

Updated September 19, 2023

Use these guidelines to help select the correct category when ranking the nutrition quality of many common foods in inventory.



Primary Food Groups: Fruits and Vegetables, Grains, Proteins, Dairy, Non-Dairy Alternatives

Additional Categories: Mixed Dishes, Condiments/Cooking Staples,
Processed/Packaged Snacks, Desserts

These guidelines were made by the Item Card Workgroup.

Chair: Marlene Schwartz

Members: Rachel Bergen, Carmen Berry, Kara Burkholder, Maisie Campbell, Kate Long, Katie Martin, Sarah McKee, Laura Ortiz, Maria Gombi Vaca, Joel Villalba, Sarah Wilson

Reviewed by: Ronli Levi and Hilary Seligman

Questions or comments? Contact marlene.schwartz@uconn.edu

September 19, 2023



Application of Nutrition Guidelines

INSTITUTE FOR HUNGER RESEARCH & SOLUTIONS

CONNECTICUT
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About the SWAP Toolkit

The following materials are meant to help you understand and use the SWAP system. For questions or to order materials, please contact swap@foodshare.org.

DEVELOPMENT PARTNERS:



Healthy
Eating
Research

This project was supported by Healthy Eating Research,
a national program of the Robert Wood Johnson Foundation.

SWAP Toolkit

<https://indd.adobe.com/view/354d5fb1-3d4e-4a65-a403-15f1925b5236>



Resources

SWAP Print Materials



Food pantries that plan to implement SWAP will want to use posters and shelf tags to promote the system and to highlight foods by color. Additional resources, such as information on how to identify whole grains and understanding added sugars, are also available to help staff and volunteers to rank food. To order these materials, please contact swap@foodshare.org.

Further Reading:



**General Info
SWAP Handout**



**Shelf Tags For
Food Pantries**



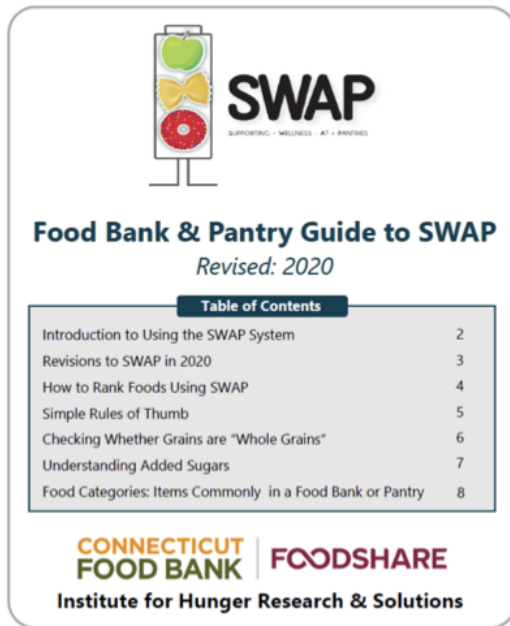
**Posters For
Food Pantries**

SWAP posters and shelf tags were designed and printed by Brush Art Corporation.

Using SWAP In Your Food Bank

A number of SWAP tools are available to assist with implementing SWAP in your food bank.

Ranking Food Using SWAP



SWAP Calculator

We have a simple Excel file with a built-in algorithm to determine whether a food is ranked green, yellow or red. Once you determine the rank, you can enter the color in your online inventory system such as Primarius or Ceres.

Supporting Wellness at Pantries (SWAP) TM					FOODSHARE
Please see instruction tab below for a step-by-step guide for using this tool.					
Rank foods using SWAP TM by entering the name, food group and nutrition information from the food label. The system will automatically rank the food as green, yellow or red.					
Food Name	Food Group	Saturated Fat (g)	Sodium (mg)	Sugar (g)	Rank
ABC Creamy Peanut Butter	Protein	2.5	140	3	Yellow
Solid White Tuna (Bumblebees)	Protein	0	140	0	Green
Fruit, mixed in light syrup	Fruits and Veges - Added Sugars	0	15	11	Yellow
Spaghetti Sauce- Ragu mushroom	Fruits and Veges - Added Sugars	0	470	10	Yellow
Chunky Beef Stew (Castleberg's)	Mixed Dishes / Combo Meals	6	970	4	Red
Dairy pure 2% reduced fat milk	Dairy - Total Sugars	3	130	12	Green
Ground coffee	Beverages	0	0	0	Green
Rice- Gulf Pacific Brown Rice	Grains: Whole Grain	0	10	0	Green
Yogurt	Dairy - Total Sugars	0	55	16	Yellow

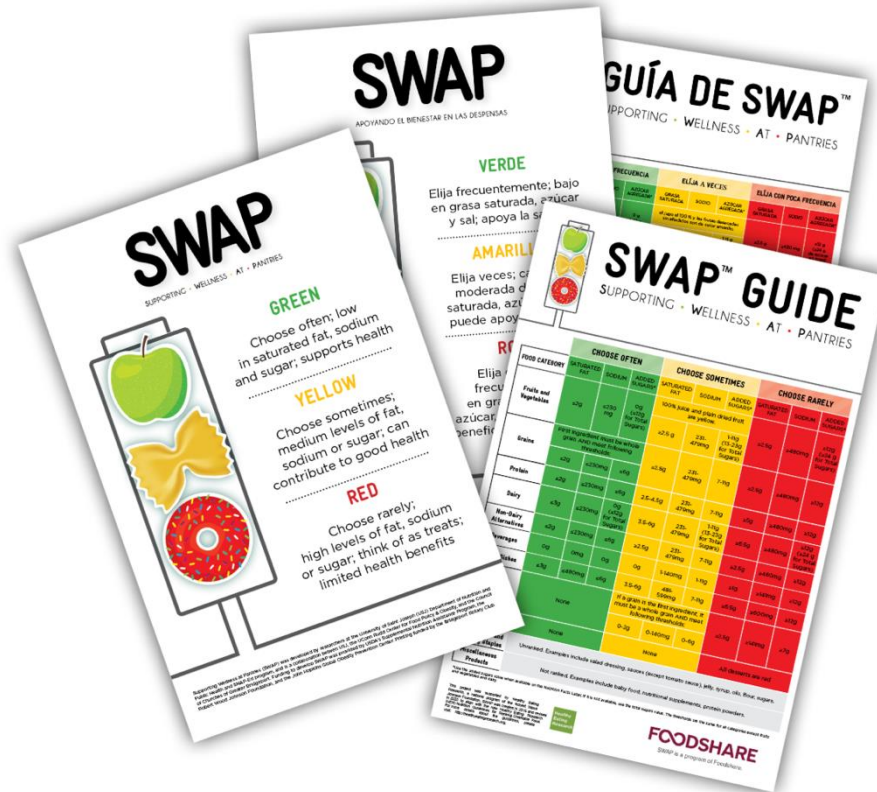
Signage

- Displaying a poster in the waiting area
- Adding a shelf tag next to the food



Nutritional Labeling & Value Assessment

- Providing information about nutritional quality or market value on or near the product



Informational Posters

Large posters are available to promote the stoplight system in a food bank or food pantry, and to highlight the key messages. Nutritional Guide posters are also available showing all of the nutritional rankings by food group. These are helpful to display in a food pantry to help sort and rank foods.



HER/SWAP signage

Journal of Public Health: From Theory to Practice (2023) 31:521–528
<https://doi.org/10.1007/s10389-021-01570-6>

ORIGINAL ARTICLE



Pilot testing an intervention to educate and promote nutritious choices at food pantries

Sarah L. McKee¹ · Eminent Abebe Gurganus¹ · Abiodun T. Atoloye² · Ran Xu³ · Katie Martin⁴ · Marlene B. Schwartz^{1,2}

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Pre-post comparison study

- Products were ranked as “Choose often” (green), “Choose sometimes” (yellow), “Choose rarely” (red)
- Signage was added & healthier foods were placed at eye level

Results:

- Proportion of green foods increased by 11%
- Proportion of red foods decreased by 7%

SWAP Survey Results

We asked staff and volunteers at six pantries about whether the SWAP system had influenced choices related to healthy food.

The majority of respondents thought the SWAP system was helpful.



63%

said SWAP is helping pantry clients choose healthier food when they shop.

69%

said SWAP is helping pantry staff order healthier food from the food bank.

73%

said SWAP is helping pantry directors to purchase healthier food from other sources.

61%

said SWAP is helping their pantry to request healthier food from donors

Additional Strategies for Nutritional Nudges



What are nutritional nudges?

- Subtle environment change/cue in food distribution setting designed to encourage healthy choices
 - People don't need to actively choose to participate in a nudge
 - Require a client choice environment
- Average increased likelihood of client taking a F2E item by 46%
- Average increased distribution of F2E items by 56% (people who took 2 took 3 instead)
- Nudges were especially effective among women (observed impact 35% larger)

Types of nudges

Placement and presentation

- Increase the prominence, accessibility, or appeal of the food to encourage (F2E)

Leveraging information offered to clients

- Sharing about what other community members are consuming
- Adding signage, recipes, posters

Oatmeal signage experiment

- Adding a shelf tag in English & Spanish: “Oatmeal fills you longer”
“Mantengase satisfecho por mas tiempo”



KEY FINDINGS:

- This nudge increased the likelihood that a client took oatmeal by 202 percent. Clients were three times more likely to take oatmeal because of the Signage (shelf tag) nudge.
- The average amount of oatmeal distributed per client increased by 146 percent. This implies clients took more than double the amount of oatmeal they used to take before the Signage (shelf tag) nudge was in place.

Convenience

- Place F2E item within reach

Cabbage experiment:

- Cabbage containers were raised up higher, easier to see and grab
 - 27% increase likelihood of someone taking a cabbage
 - Amount of cabbaged distributed increased by 60%



Salience

- Show the item clearly & attractively

Cabbage experiment:

- Switched the type of container used to display cabbage from cardboard tote to heavy duty plastic crates
- Influenced perception of quality
 - Increased likelihood someone took cabbage by 42% (additional 2 out of 5 people took a cabbage)
 - Increased average number of cabbages taken by 56%



Packaging

- repack or bundle F2E item to make it more attractive



<https://www.npr.org/sections/thesalt/2016/11/07/499325457/food-pantries-try-nutritional-nudging-to-encourage-good-food-choices>



Abundance

- Increase the number of F2E items displayed, or changing the size of the display container



Order

- Place F2E item at the beginning of the line

Carrot experiment:

- Carrots were placed at the beginning of the produce line
 - No increased likelihood that someone takes carrots
 - Decreased average number of carrots taken per person by 40%
 - May be due to lack of staff buy in; may need to place at beginning of the whole line
 - Varied types of carrots offered at different times



Onion signage experiment

- Poster was placed on the door of the meat refrigerator next to placement of onions



KEY FINDINGS:

- No significant increase in likelihood that a client takes onions.
- Pre-intervention take rates were already high (85 percent), so there was very limited room for improvement.

Priming with photos

- A large high-gloss photo of oranges was placed where people spend significant time in the pantry (e.g. waiting room, slow points in the line)
- Increased likelihood that someone took oranges by 28% even though it was already a popular item
- Decreased average number of oranges taken by each person (not enough oranges for everyone)



Recipes with food items





Order Forms

Having clients select from a menu in advance to deter impulse choices

Multiple Exposures

- Increase the number of times someone has a chance to choose a F2E item
- Prime someone through initial exposure in the waiting room will make uptake more likely at second exposure
- Alleviates concern about taking too much

Whole wheat bread experiment:

- WW bread offered at beginning and end of the line led to:
 - 90% increase likelihood of someone taking at least 1 loaf of bread
 - Increased the number of loaves distributed by 160% (6 more loaves per 10 clients)

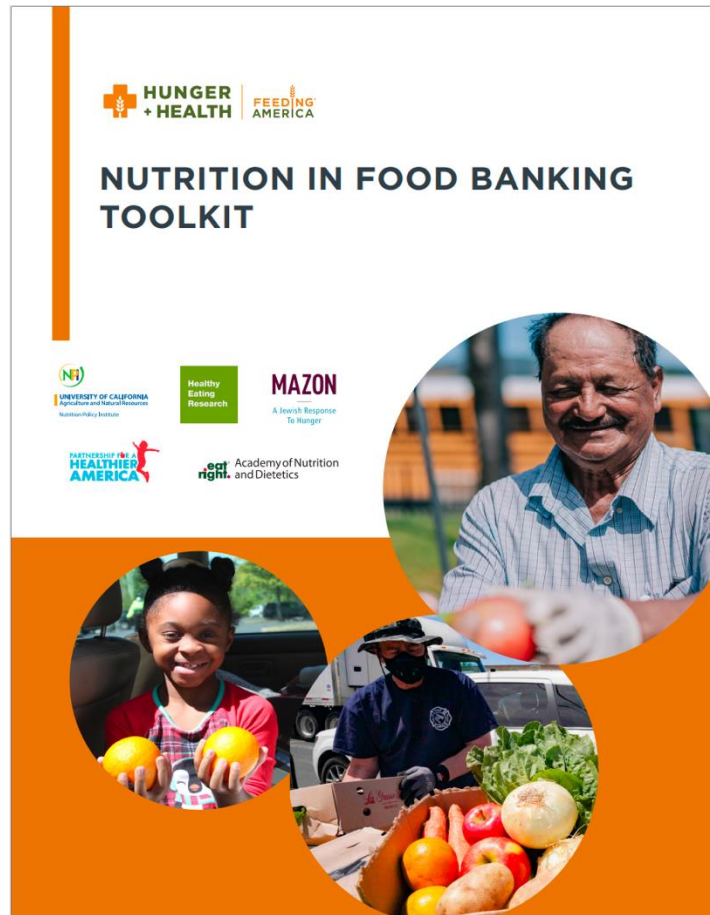


NUDGE READINESS FACTORS CHECKLIST

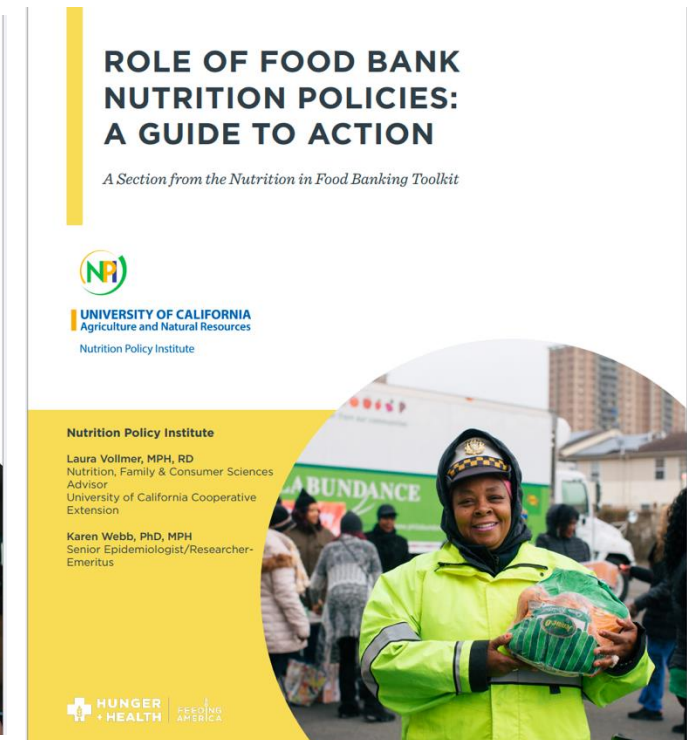
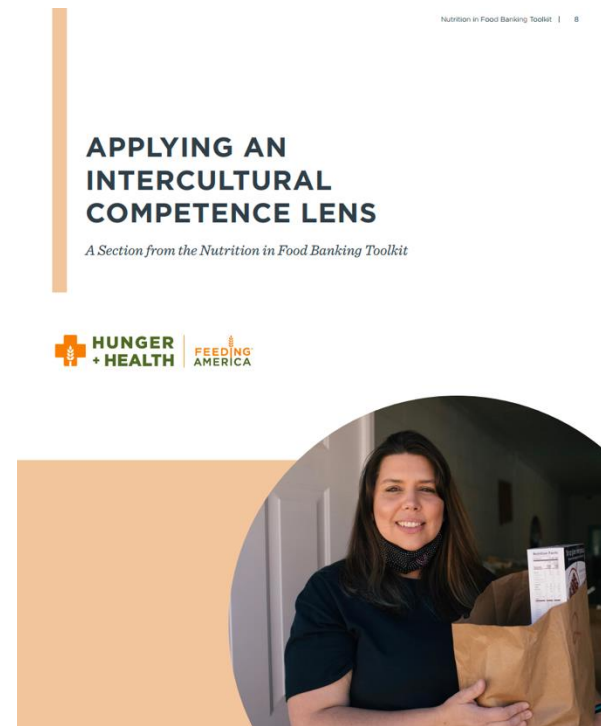
- ☒ Does the food pantry have a client choice distribution style?
- ☒ Is there a reliable supply of the food item to be nudged?
- ☒ Is there sufficient client demand for healthier foods?
- ☒ Is there an opportunity to nudge perishable healthy foods?
- ☒ Is the cultural appropriateness of the food or the nudge being taken into account?
- ☒ Is there interest in nutrition education but limited funding available?
- ☒ Are different staff or volunteers within the organization aligned on nudges?
- ☒ Are the organization's policies supportive of using nudges to move healthy foods?

What types of nutrition nudges
have you found successful?

Important Resources



HEALTHY EATING RESEARCH (HER) NUTRITION GUIDELINES FOR THE CHARITABLE FOOD SYSTEM



Adding an intercultural competency lens

Individual level: how well people understand & interact with individuals from diverse backgrounds.

Organizational level: set of behaviors, attitudes, policies that enable them to work effectively (internally & externally) with people they serve

- Nutrition guidelines historically created by white dominant culture
- “good” vs “bad” language
- Need to build in flexibility to support and acknowledge diverse food choices and cultural heritage of the people you serve
- There are nutrient-rich foods in every culture
- Engage with community members to get feedback on preferred foods

Nutrition policy at food bank/pantry

- Can guide sourcing & distribution; evolving document; common understanding
- Can focus on just a few food categories; not aiming for nutritional perfection



Understanding the Guidelines	+
Working with Pantries	+
Key Research Studies	+
Tools for Categorizing Foods in the Charitable Food System	-

[How to Prepare Your Data for HER Analyses:](#) [.pdf](#)

- ▶ This document provides step-by-step instructions for preparing your data for HER analyses using FANO categories.
- ▶ It also provides the default rank for foods when applicable.

[Guidelines to Help Categorize Foods](#) [.pdf](#)

- ▶ This document can be used to help select the correct category when ranking the nutrition quality of many common foods.
- ▶ These guidelines were created by the Item Card Workshop.