

SWAP and HER Guidelines

Supporting Wellness at Pantries



The Food Bank
of Western Massachusetts

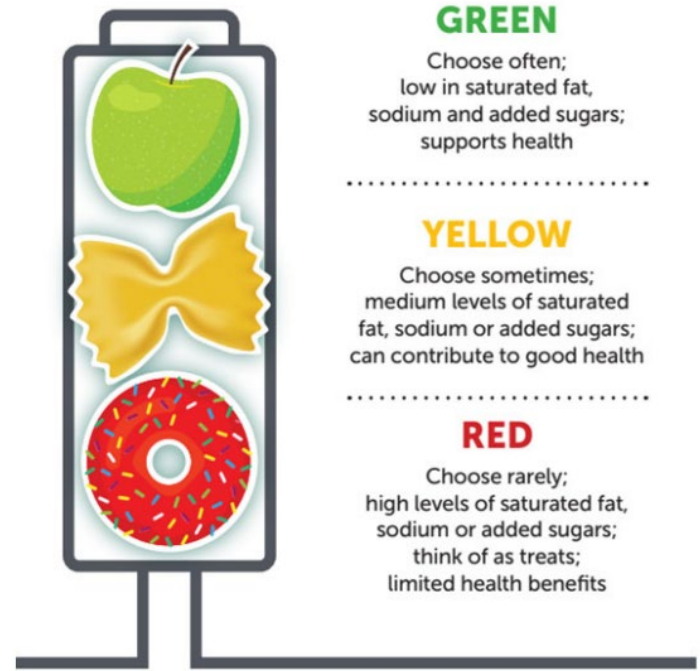
We will be talking about..

- What is SWAP?
- Goals of SWAP
- What are HER nutrition guidelines?
- What to look for on the Nutrition Facts label
- Beginning steps
- SWAP Checklist

What is SWAP?

- SWAP is a stoplight nutrition system designed to help promote healthy food choices at food banks and food pantries
- Ranks food based on levels of saturated fat, sodium and sugars because these nutrients are linked with increased risk of chronic diseases.

SWAP™ Supporting Wellness
At Pantries

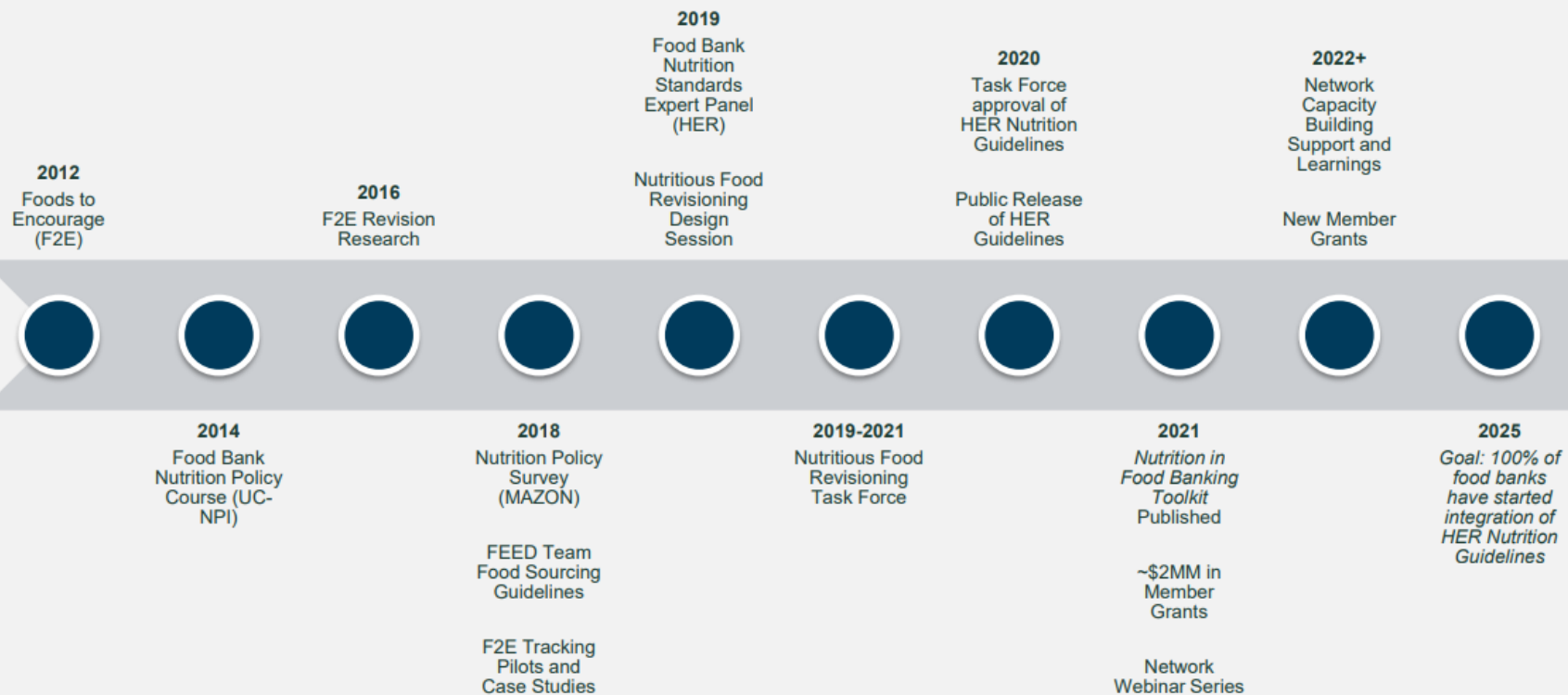


What is SWAP?

- Revised in 2020 to align with the Healthy Eating Research (HER) Nutrition Guidelines for the Charitable Food System
- To help create one national standard for ranking food nutritionally in food banks and pantries. Tools and resources to help food banks and pantries put the HER Nutrition Guidelines into action

Goals of SWAP

- To increase the supply and demand for healthy food at food banks and food pantries
- To categorize the food distributed at food banks and food pantries
- Help prevent, manage, and reverse chronic diet-related illnesses associated with food insecurity



HER Guidelines

- 11 categories
- 3 levels of ranking
- Ranks based on 3 nutrients
 - Exceptions are grains, condiments, and cooking staples
- Developed and refined by a panel of nutrition experts, including food bank staff across numerous departments

	Choose Often			Choose Sometimes			Choose Rarely		
Food Category	Saturated Fat	Sodium	Added Sugars*	Saturated Fat	Sodium	Added Sugars*	Saturated Fat	Sodium	Added Sugars*
Fruits and Vegetables	≤2g	≤230mg	0g (≤12g for Total Sugars)	100% juice and plain dried fruit are yellow.			≥2.5g	≥480mg	≥12g (≥24g for Total Sugars)
				≥2.5g	231-479mg	1-11g (13-23g for Total Sugars)			
Grains	First ingredient must be whole grain AND meet following thresholds:			≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g
	≤2g	≤230mg	≤6g						
Protein	≤2g	≤230mg	≤6g	2.5-4.5g	231-479mg	7-11g	≥5g	≥480mg	≥12g
Dairy	≤3g	≤230mg	0g (≤12g for Total Sugars)	3.5-6g	231-479mg	1-11g (13-23g for Total Sugars)	≥6.5g	≥480mg	≥12g (≥24g for Total Sugars)
Non-Dairy Alternatives	≤2g	≤230mg	≤6g	≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g
Beverages	0g	0mg	0g	0g	1-140mg	1-11g	≥1g	≥141mg	≥12g
Mixed Dishes	≤3g	≤480mg	≤6g	3.5-6g	481-599mg	7-11g	≥6.5g	≥600mg	≥12g
Processed and Packaged Snacks	None			If a grain is the first ingredient, it must be a whole grain AND meet following thresholds:			≥2.5g	≥141mg	≥7g
				0-2g	0-140mg	0-6g			
Desserts	None			None			All desserts are red		
Condiments and Cooking Staples	Unranked. Examples include salad dressing, sauces (except tomato sauce), jelly, syrup, oils, flour, sugars.								
Misc. Products	Unranked. Examples include baby food, nutritional supplements, protein powders.								

Beginning Steps

- When food arrives at the pantry, have a designated area for the food to be stored until staff or volunteers can sort and rank it.
 - 1. Sort
 - 2. Rank
 - 3. Categorize
 - 4. Shelve

Sort

- Determine which food group the item belongs in:

Fruits and Vegetables

Desserts

Grains

Condiments/Cooking Staples

Protein

Processed/Packaged Snacks

Dairy

Beverages

Non-Dairy Alternatives

Mixed dishes (ex. soup)

Miscellaneous Items (Baby food, supplements, etc..)

- Organize into bins or boxes to make it easier to keep track of

Rank

- Using the SWAP guidelines look at the nutrition label for:
 - Saturated Fat
 - Sodium
 - Added Sugars
- Compare with the SWAP nutrition guidelines and rank based on the food group

Reading a label

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* 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.

Saturated fat

Sodium

Added Sugar

A

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories **230**

% Daily Value*

Total Fat 8g **10%**Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%****Sodium** 160g **7%****Total Carbohydrate** 37g **13%**Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%****Protein** 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 240mg 6%

*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.

B

Nutrition Facts

2 servings per container

Serving size 1 cup (255g)**Calories**

Per serving

220

Per container

440

% DV*

% DV*

Total Fat5g **6%**10g **13%**

Saturated Fat

2g **10%**4g **20%**

Trans Fat

0g

0g

Cholesterol15mg **5%**30mg **10%****Sodium**240mg **10%**480mg **21%****Total Carb.**35g **13%**70g **25%**

Dietary Fiber

6g **21%**12g **43%**

Total Sugars

7g

14g

Incl. Added Sugars

4g **8%**8g **16%****Protein**

9g

18g

Vitamin D

5mcg 25%

10mcg 50%

Calcium

200mg 15%

400mg 30%

Iron

1mg 6%

2mg 10%

Potassium

470mg 10%

940mg 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.

Categorize

- Categorize into the color ranking
 - If all nutrient levels fall within one color, then the food is categorized by that color
 - If nutrient levels fall within multiple colors, categorize by the least encouraged color, either red or yellow.

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 Veggies - Added Sugars	0	15	11	Yellow
Spaghetti Sauce- Ragu mushroom	Fruits and Veggies - 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

Foods that are Green

- All fresh fruits and vegetables
- Whole eggs
- Whole grain bread, pasta, tortillas
- Brown rice
- Skim, 1%, and 2% milk
- Plain water, coffee, or tea



Foods that are Yellow

- 100% Fruit juice
- Regular “white” bread, pasta, tortillas
- White rice
- Whole milk
- Most peanut butter (with no added sugar)
- Plain dried fruit such as raisins



Foods that are Red

- Desserts like ice cream, cookies, cake
- Candy
- Most processed/packaged snacks
- Regular soda and juice drinks



Foods that are NOT RANKED

- Condiments like salad dressing and sauces
- Cooking staples like flour, sugar, oil, spices
- Baby food
- Nutritional supplements



Shelve

- Place the food on the designated shelves using shelf tags and signage for choose often, sometimes, and rarely or by colors
- To order SWAP materials like shelf tags or informational posters SWAPmaterials.org



SWAP Checklist

- It takes a lot of time and commitment to convert to using the SWAP system and sustain it over time
 - Do you have commitment from the director and staff to promote healthy foods?
 - Is there a champion staff or volunteer member who will be in charge of the SWAP system?
 - Is there a steady group of volunteers to help sort and rank foods?
 - Is there enough space to sort the food and then rank it by color?

SWAP Questions for Oxford Ecumenical Food Shelf

- How does SWAP look/work at your site?
- What have you learned?
- Do you like it? Would you recommend it to other pantries?
- Challenges?
- Anything you wish you could tell someone who is just beginning?

Additional Resources:

- SWAP from Feeding America:
<https://hungerandhealth.feedingamerica.org/resource/swap-development-stoplight-nutrition-system-food-banks-food-pantries/>
- FoodShare SWAP info:
http://site.foodshare.org/site/PageServer?pagename=2017_programs_swap

Thank you!



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