

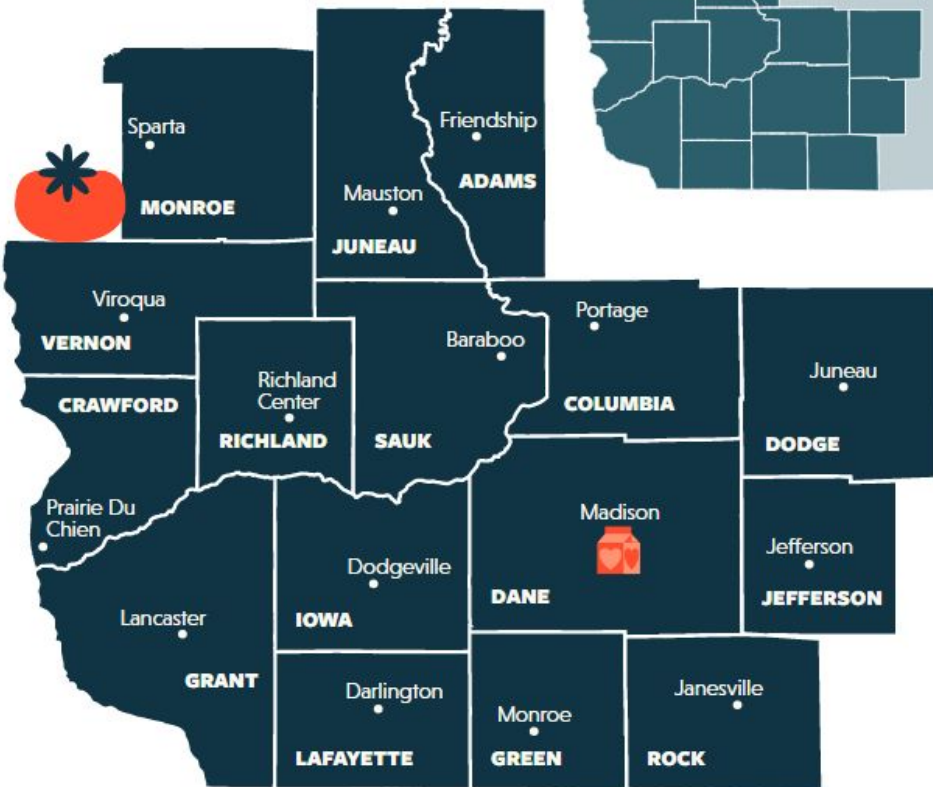
Nutrition in Food Banking

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SECOND HARVEST

FOODBANK
OF SOUTHERN WISCONSIN



Mission:

Second Harvest Foodbank exists to end hunger in southwestern Wisconsin.

Vision:

Everyone in our community has enough food to thrive.

Values:

Integrity, Equity, Trust, Inclusion, Humility, Innovation



Second Harvest Foodbank of Southern Wisconsin is 1 of **200+** **affiliates** of Feeding America and **1 of 6** Foodbanks in the Feeding Wisconsin State Association.



IMPROVED FOOD SECURITY

FEED

All people have reliable access to a nutritious variety of food

NOURISH

All people facing hunger have the support they need to make healthy choices

EMPOWER

All people facing hunger have access to economic mobility pathways

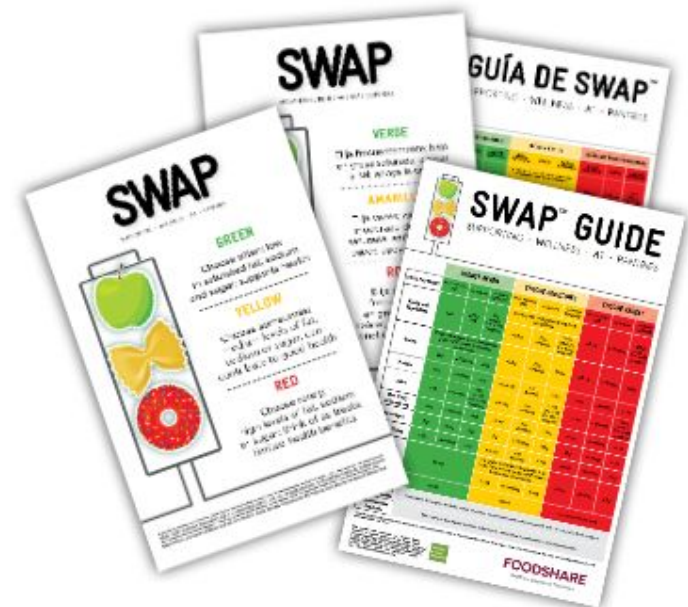
UNITE

People, partners and lawmakers engage and participate in the movement to end hunger

Foods 2 Encourage → HER Nutrition Guidelines

Nutrition Guidelines for Ranking Charitable Food

Food Category*	Example Products	Choose Often			Choose Sometimes			Choose Rarely		
		Saturated Fat	Sodium	Added Sugar**	Saturated Fat	Sodium	Added Sugar**	Saturated Fat	Sodium	Added Sugar**
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
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 meats, 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								



STRATEGIC GOALS



NUTRITION SECURITY

Nutrition Security exists when there is consistent access to sufficient, safe, culturally meaningful, and nutritious food that meets the dietary needs and food preferences for everyone in our community to thrive.



FOOD EQUITY

At Second Harvest, Food Equity is achieved when everyone in our community is nutritionally secure and has equitable access through a network that has been co-designed with those that engage with the network.



STRATEGIC PLAN PRIORITIES



Nutritious Food “Statement”

Procure nutritious and culturally meaningful food

Track % of Inventory

Shift Donor relationships towards health equity

Capture community voice



Farm To Foodbank Initiative



What Foodbanks can do

- Provide access to nutritiously diverse food
- Offer capacity building opportunities
- Encourage/Support Client Choice models
- Connect you to community Nudge experts (*Food Wise*)
- Advocate for sustainable funding
- Creating donor/nutrition guideline strategies
- Co-create tools/trainings/resources in response to what **you** need (APPLES Trainings)



Nutrition Education >

- [Family Nutrition Resources](#) (UW-Extension)
- [Feeding America Recipes](#)
- [MyPlate Resources](#) (USDA)
- [Nutrition Education Strategies](#) (Feeding America)
- [Power of Nudges](#) (Feeding America)
- [Safe & Healthy Food Pantries Project](#) (UW-Extension)

**How can we better
support you?!**

