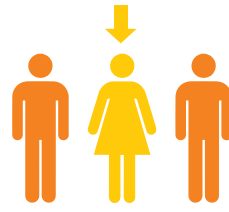




Healthy Food & Beverage Policy

To ensure anyone who needs a healthy meal can get one, **Second Harvest Food Bank** has a new **Healthy Food and Beverage Policy**. The policy is designed to better satisfy client preferences while aligning to the latest nutritional science.

More than half
of our clients
report a member of
their household has
**high blood
pressure** 

 **1 in 3**
clients
report
that someone in
their household has
diabetes

We are committed to our clients' desire to **live healthy, active lives**. In addition to distributing healthy meals, we will expand our nutrition education program to help clients prepare **healthy delicious meals on a limited budget**.

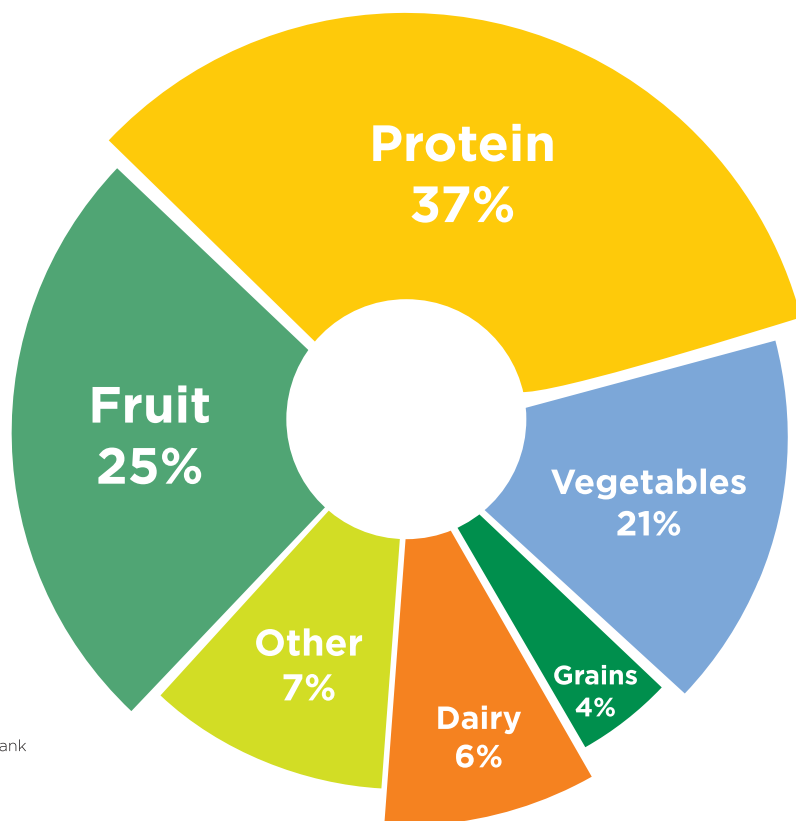
“The alignment of the policy with the latest nutritional science and the forward-thinking concept of integrating nutrition and food insecurity makes Second Harvest Food Bank a leader among food banks locally and nationwide.”

*Jo Seavey-Hultquist, Health Care Program Manager II & Jaime Flores, Health Planning Specialist
Santa Clara County Public Health Department*

OUR CLIENTS PREFER HEALTHY FOOD.

“If you had more money, what specific foods would you purchase for you and your family?”

Source: Santa Clara University, Food & Agribusiness Institute & Second Harvest Food Bank of Santa Clara and San Mateo Counties, “Cost of a Healthy Meal” Study (2015)



THE FOOD WE PROVIDE WILL CHANGE IN POSITIVE WAYS.

- Increase distribution of protein items like chicken, fish, tofu, and milk to 24% of all pounds distributed by 2019
- Provide more low-sugar whole grains
- Give essential cooking ingredients, like plant-based oil and spices, so healthy food tastes good
- Maintain 50%+ distribution of fresh produce
- By 2019, only distribute healthy beverages (not sugar-sweetened)
- By 2019, stop distribution of donated candy

Help us make our new policy a success! Please share your feedback with our nutrition team at nutrition@shfb.org. We look forward to hearing from you about whether clients like the new food, would prefer different items, or might benefit from some nutrition education.

SOURCES
Diabetes and high blood pressure: Weinfield NS, Mills G, Borger C, Gearing M, Mascaluso T, Montaquilla J, Zedlewski S. Hunger in America 2014. National Report Prepared for Feeding America. Washington DC: Westat and the Urban Institute; 2014. Available at <http://www.resourcelibrary.gcyf.org/sites/gcyf.org/files/resources/2014/hunger-in-america-2014-full-report.pdf>

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