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?”


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