

**Healthy Food for All**

## Mission – To inspire and advance policy, environmental and lifestyle changes that promote healthy eating and active living in Douglas County

## Fuel Good Standards for pantries and feeding sites

**Targeted Groups:**

Food Pantries

* Just Food
* Salvation Army
* Ballard Center
* Catholic Charities
* Campus Cupboard
* Heartland Food Pantry
* Trinity Food Pantry
* Other?

Feeding Site Agencies

* Salvation Army
* Lawrence Community Shelter
* LINK
* ECM
* Family Promise
* Other?

**Action Steps:**

|  |  |  |
| --- | --- | --- |
| **Date** | **Action Step** | **Status** |
| **August 2016** | **Present to LiveWell Healthy Food for All Work Group as possible Healthy Food for All policy priority** | **Complete** |
| **October** | **Meet with food pantry leaders, determine baseline and steps to improve, refineme proposed Fuel Good nutritional standards** |  |
| **October/ November** | **Development marketing/ informational materials** |  |
| **November** | **Quarterly meeting and pantry nutrition advocate training** |  |
| **December** | **Healthy food drive outreach (heavy food drive time)** |  |
| **January** | **Campaign development to incorporate feeding sites** |  |
| **February** | **Campaign development to incorporate feeding sites** |  |
| **March** | **Quarterly meeting and pantry nutrition advocate training** |  |
| **April** | **Feeding site recruitment** |  |
| **May** | **Healthy food drive outreach (heavy food drive time), new pantry/ feeding site recruitment** |  |
| **June 2017** | **Quarterly meeting and pantry nutrition advocate training , new pantry recruitment** |  |

**Fuel Levels- Each fuel good action below will be assigned a certain number of points. Annually pantries will self-report on current nutritional efforts. Points will be totaled and the pantry will be assigned a Fuel Level.**

**Bronze**

* **At least 70% of all food purchases meet Fuel Good Standards**
* **SNAP enrollment training training for staff**
* **The pantry displays nutritional displays (such as information about “My Plate”)**
* **A healthy food advocate has been identified**
* **Choice Food Pantry Standards are in place**

**Silver**

* **At least 85% of all food purchases meet Fuel Good Standards**
* **SNAP enrollment training for staff and volunteers**
* **Recruits Fuel Good Nutritional Standards Food Drives**
* **Available nutritional resources include recipes, cooking demonstrations, etc.**
* **Healthy food advocate attends monthly nutritional trainings**
* **Cross promotes healthy eating, growing, and cooking events available in the community**
* **Accommodates clients’ diet restrictions (e.g., low-sodium)**

**Gold**

* **95% or more of purchases meet meet Fuel Good Standards**
* **Recruits Fuel Good Nutritional Standard Drives**
* **Regular Cooking Classes/Gardening Classes**
* **Fresh fruits and vegetables are available**
* **Hosts monthly nutritional trainings for staff and volunteers**
* **Additional efforts- Pantries can write in additional efforts not listed and award the number of points they feel the project is worth.**

**Example:**

**Check all that apply. Some categories may have more than one that apply.**

**Purchasing:**

|  |  |  |
| --- | --- | --- |
|  | **75% of purchased food meets Fuel Good standards** | **2** |
|  | **85% of purchased food meets Fuel Good standards** | **3** |
|  | **95% of purchased food meets Fuel Good standards** | **5** |

**Total:**

**Employee/ volunteer:**

|  |  |  |
| --- | --- | --- |
|  | **SNAP training for all pantry employees** | **2** |
|  | **SNAP training for all pantry volunteers** | **3** |
|  | **Makes use of Healthy Food Drive tool kit to solicit healthy donations to the pantry** | **3** |
|  | **Monthly nutritional trainings offered for employees and volunteers (cooking, community resources, nutrition education)** | **5** |
|  | **Secure grant funding for healthy pantry efforts** | **7** |

**Total:**

**Advocacy:**

|  |  |  |
| --- | --- | --- |
|  | **Establish Fuel Good pantry advocate** | **2** |
|  | **Fuel Good advocate attends at least 50% of monthly meetings** | **3** |
|  | **Cross promote healthy community activities in pantry** | **3** |
|  | **Fuel Good advocate shares monthly meeting reports with pantry administration** | **5** |
|  | **Fuel Good advocate creates subcommittee of volunteers/employees at pantry that are dedicated to healthy pantry initiative.** | **7** |

**Total:**

**Gardening:**

|  |  |  |
| --- | --- | --- |
|  | **Provide gardening education materials (displays, seeds, speakers, etc)** | **2** |
|  | **Own a pantry garden at your location** | **3** |
|  | **Provide space for gardening for clients** | **5** |

**Total:**

**Cooking:**

|  |  |  |
| --- | --- | --- |
|  | **Pantry offers cooking information (recipes, cooking basics etc.)** | **2** |
|  | **Offers cooking demonstrations for clients** | **3** |
|  | **Offer regular cooking classes for client education (weekly, monthly, quarterly)** | **5** |

**Total:**

**Physical Activity:**

|  |  |  |
| --- | --- | --- |
|  | **Pantry offers Physical activity information (recommendations, tips with no gym, displays, speakers etc.)** | **2** |
|  | **Pantry staff (or outside partners) meet with clients to talk about how to incorporate more physical activity.** | **3** |
|  | **Pantry offers physical activity spaces and class (walking groups, regular group fitness classes, has space for clients to use)** | **5** |

**Total:**

**Nutrition Education:**

|  |  |  |
| --- | --- | --- |
|  | **Provide Nutrition education materials (displays, brochures, community resources, etc.)** | **2** |
|  | **Provide nutrition education opportunities for clients (presentations, speakers)** | **3** |
|  | **Provide nutrition education series with clients for ongoing education (weekly)** | **5** |
|  | **Build partnerships to provide individualized programs (health coaching, nutritional consultations, personal training, etc.) with an emphasis in on-site counseling.** | **7** |

**Total:**

**Pantry Set up**

|  |  |  |
| --- | --- | --- |
|  | **Pantry has a design that promotes healthier options (eye level produce, Myplate guidelines, healthy section, etc.)** | **2** |
|  | **Offer pantry tours that educate clients on Healthy Options** | **3** |
|  | **Work individually with clients to establish healthy meal options based on pantry availability** | **5** |
|  | **Accommodations for clients with food restrictions (special allergen, gluten free options, low sodium, etc.)** | **5** |
|  | **Increase accessibility to pantry (transportation, building hours, etc.)** | **7** |
|  | **Efforts to increase availability to fresh produce (storage, designated produce section, partnerships with local farms, etc.)** | **7** |

**Total:**

**Additional efforts:**

**Total (please assign points using best judgment):**