



FEEDING AMERICA + HUNGER + HEALTH

SOLVING HUNGER
TODAY
ENDING HUNGER
TOMORROW

Building Resilient Inclusive
Communities (BRIC) with
National Association of
Chronic Disease Directors

June 2021

Feeding America's vision is a hunger-free America.

Our mission is to advance change in America by ensuring equitable access to nutritious food for all in partnership with food banks, policymakers, supporters, and the communities we serve.



The Plan Involves All of Us

VISION

A HUNGER-FREE AMERICA

OUTCOMES
AND STRATEGIC
PILLARS

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

Guiding Principles



Put people
at the center
of our work



Address
inequities



Strengthen
communities

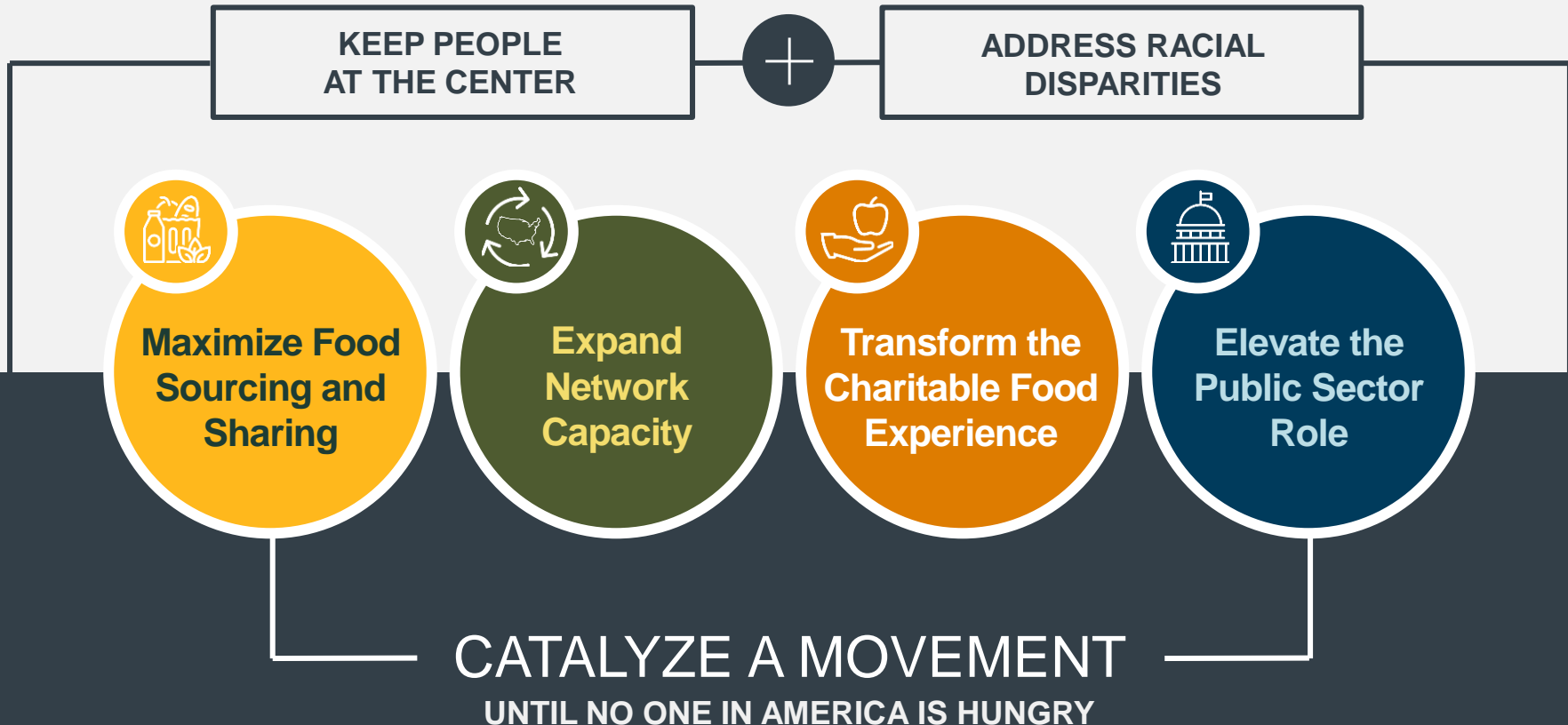


Leverage
partnerships



Remove
barriers to
food security

Our Priorities Work Together to Advance Outcomes For People Facing Hunger



Why Does Nutrition in Food Banking Matter and How Do We Evolve?

People experiencing food insecurity face **several barriers to healthy dietary intake** that exacerbate vulnerability to chronic diseases

Food from food banks and food pantries is an **important contributor to dietary intake** in many households

Increasing access and consumption of healthy foods has become a **priority across the charitable food system**

Aligning on a definition of “nutrition”, categories, and rankings for collective understanding, tracking and measurement is a **challenge** – balancing scientific evidence, intercultural inclusion, and the complexity of the food bank system

Dimensions of complexity the nutritious food revisioning process – specifically HER Expert Panel - took into consideration:

- Respect and dignity
- Capacity and cost
- Reliance on volunteers
- Use of weight as a metric
- Mixed pallets
- Donor relationships
- Consistent messaging
- Flexibility to allow for multiple on-ramps for adaption and phase implementation depending on local food needs and preferences, as well as food bank system

Today is Only Possible Because of Partnerships

Healthy Eating Research (HER) Expert Panel

- **Co-Chair:** Hilary Seligman, MD, MAS; University of San Francisco
- **Co-Chair:** Marlene Schwartz, PhD; Rudd Center for Obesity and Food Policy
- Gayle Carlson, MAEd; Montana Food Bank Network
- Gerry Brisson, MA; Gleaners Community Food Bank of Southeast Michigan
- Amy Headings, PhD, RD, LD; Mid-Ohio Foodbank (now Mid-Ohio Food Collective)
- Katie Martin, PhD; FoodShare Institute for Hunger Research & Solutions
- Karen Hanner, MM; Feeding America
- Ami McReynolds, MBA, MS; Feeding America
- Elizabeth Campbell, MA, RDN; Academy of Nutrition and Dietetics
- Marla Feldman; MAZON: A Jewish Response to Hunger
- Jenna Seymour, PhD; Centers for Disease Control and Prevention
- Mary Story, PhD, RD; Healthy Eating Research
- Megan Lott, MPH, RDN; Healthy Eating Research
- Caitlin Caspi, ScD; University of Minnesota
- Christina Roberto, PhD; University of Pennsylvania
- Tracy Fox, MPH, RD; Food Nutrition and Policy Consultants, LLC
- Nancy Roman, MA; Partnership for a Healthier America
- Mary Pat Raimondi Bertacchi, MD, RDN

Revisoning Design Session

- Michelle Hesse, Blue Ridge Area Food Bank
- Rhonda Sanders, Arkansas Foodbank
- Brian Greene, Houston Food Bank
- Eric Cooper, San Antonio Food Bank
- Sarah Geiger, Philabundance
- Nicole Robinson, Greater Chicago Food Depository
- Kathryn Strickland, Community Food Bank of Central Alabama (now at FANO)
- Gayle Carlson, Montana Food Bank Network
- Gerry Brisson, Gleaners Community Food Bank
- Katie Martin, Foodshare Institute for Hunger Research & Solutions
- Adriana Riano, Beyond Hunger
- Paul Kroger, Vine and Village
- Marlene Schwartz, UConn/Rudd Center
- Blake Thompson, FANO
- Ami McReynolds, FANO
- Charles Dennis, FANO
- Karen Hanner, FANO
- Julia Luscombe, FANO
- Zuani Villarreal, FANO
- Jennifer Marier, FANO
- Jeremy Arnold, FANO
- Jessica Hager, FANO
- Junior Martinez, FANO
- Stephanie Zidek, FANO

Nutritious Food Revisoning Core Team

- **Co-Chair:** Jessica Hager, Health and Nutrition, FANO
- **Co-Chair:** Katie Martin, Foodshare Institute for Hunger Research
- Jeremy Arnold, Health and Nutrition, FANO
- Jennifer Marier, Supply Chain, FANO
- Junior Martinez, Data and Analytics, FANO
- Stephanie Zidek, Data and Analytics, FANO

Network Nutritious Food Revisoning Task Force

- **NAC Representative:** Valerie Nicholson-Watson, The Community Food Network
- Adeana Osika, All Faiths Food Bank
- Brandon Bartley, Hoosier Hills Food Bank
- Brittney Cavaliere, Foodshare Institute for Hunger Research
- Courtney Kennedy, Good Shepherd Food Bank
- Danice Tatosian, Feeding Westchester
- Jesse Baldwin, Roadrunner Food Bank
- John Nieman, Gleaners Food Bank
- Josh Wilcox, Foodlink, Inc.
- Katy Anderson, Roadrunner Foodbank
- Laura Held, Foodlink, Inc.
- Michelle Hesse, Blue Ridge Area Food Bank
- Stephanie Berno, Houston Food Bank

FROM: Foods to Encourage (F2E) Simple and Detailed Versions (still used as national data point)

Foods to Encourage	Other Food	Non Food
<ul style="list-style-type: none"> Beverages (10% to reflect plain water)* Cereal Dairy (30%)* Fruits Juice Meat/Fish/Poultry, Mix (60%)* Non-Meat Protein Pasta Fresh Produce Rice Vegetables Salvage (39%)* 	<ul style="list-style-type: none"> Beverage (90%)* Bread/Bakery Baby Food Condiments Dairy (70%)* Desserts Dough Dressings Grains Meals/Soups/Entrees Mix (40%)* Non-Dairy Dairy Nutritional Aid/Supplement Prepared Foods Snack Salvage (61%)* 	<ul style="list-style-type: none"> Cleaning Health and Beauty Household Paper Nonfood Personal Paper Pet
<p>*Feeding America allows only certain percentages of some product categories (e.g., 10% beverage, 30% dairy, etc.) to be categorized under the F2E broad category because after a national review of detailed receipt donations not all foods in particular product categories met the nutritional criteria. The remaining percentage for those said product categories (i.e., non-F2E products) is categorized under <i>Other Food</i>.</p>		

- 31 categories
- Generally 2 rankings (F2E or non-F2E), with some exceptions where a % of category is considered “F2E”
- Great “first start” but openly flawed
- Original intent was to revise every 5 years

Fruits and Vegetables

- Fresh with nothing added
- 100% Fruit or Vegetable Juice
- Canned, Dried or Frozen with no partially hydrogenated oils that meet the criteria below:
 - Sodium: $\leq 230\text{mg}^{\text{I}}$
 - Total Sugar: Fruit in lite syrup or 100% Juice^{II} or $\leq 12\text{g}^{\text{II}}$
 - Sat Fat: $\leq 2\text{g}^{\text{IV}}$
 - Trans Fat: 0g

Grains

- 100% whole grain (Rolled Oats, Barley, Wild Rice)
- Bread & Pasta with “whole grain” listed as the first ingredient^I & with:
 - $>10\%$ DV^{VI} or $\geq 2.5\text{g}$ fiber
- Cereal with “whole grain” listed as the first ingredient^{VI} & $>3\text{g}$ of dietary fiber
- Bread, Pasta & Cereal that meet the criteria below:
 - Sodium: $\leq 230\text{mg}$
 - Total Sugar: Bread/Pasta $\leq 0\text{g}^{\text{VII}}$ Cereal $\leq 12\text{g}^{\text{IX}}$
 - Sat Fat: $\leq 2\text{g}$
 - Trans Fat: 0g

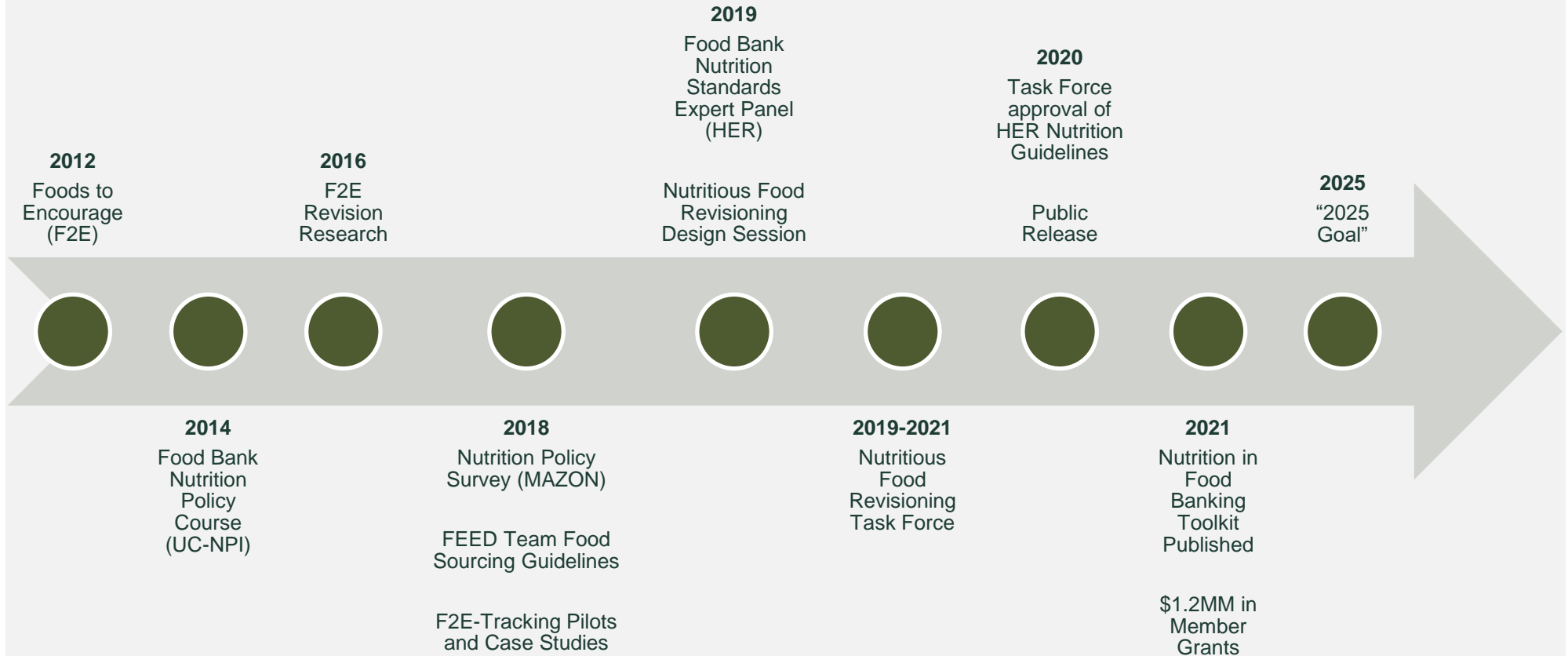
Protein

- Eggs
- Nuts, Seeds, Beans and Lentils with nothing added
- Beans, Meat, Poultry and Seafood that meet criteria below:
 - Sodium $\leq 480\text{mg}^{\text{X}}$
 - Sat Fat: $\leq 2\text{g}^{\text{XI}}$
 - Trans Fat: 0g
- Nuts/Seeds responding spreads that meet the criteria below:
 - Sodium: $\leq 230\text{mg}$
 - Total Sugar: $<4\text{g}$ per 2T/1oz^{XI}
 - Trans Fat: 0g

Dairy

- Unflavored/Unsweetened low-fat (1%), or skim/non-fat milk or yogurt
- Flavored skim/non-fat milk or yogurt
- Unsweetened milk substitutes (e.g. Soy)
- Cheese that meets the criteria below:
 - Sodium: $\leq 480\text{mg}^{\text{XII}}$
 - Sat Fat: $\leq 3\text{g}$ | Trans Fat: 0g
- Flavored milk, milk substitutes, and yogurt, that meets the criteria below:
 - Sodium: $\leq 480\text{mg}^{\text{XIII}}$
 - Total Sugar: $\leq 22\text{g}$ (milk^{XIV}) $\leq 30\text{g}$ (yogurt^{XV})
 - Saturated Fat: $\leq 3\text{g}$
 - Trans Fat: 0g

Key Milestones of Nutritious Food Ranking in Food Banking



TO: Healthy Eating Research (HER) Nutrition Guidelines

- 11 categories
- 3 rankings
- Ranks based on three nutrients, with exceptions for Grains, Condiments and Cooking Staples, Misc Foods
- Prioritized intercultural inclusion

Table 1: 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
					≥2.5 g***	231-479 mg	1-11 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 meals, 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						

Supporting Wellness at Pantries (SWAP)



SWAP

SUPPORTING • WELLNESS • AT • PANTRIES

GREEN

Choose often; low in saturated fat, sodium and sugar; supports health

YELLOW

Choose sometimes; medium levels of fat, sodium or sugar; can contribute to good health

RED

Choose rarely; high levels of fat, sodium or sugar; think of as treats; limited health benefits

- Simple
- Intuitive
- Transparent
- Capture all food groups found in food pantries
- Create “nudges” for healthy behavior
- Revised to align with HER guidelines



SWAP™ GUIDE

SUPPORTING • WELLNESS • AT • PANTRIES

Revised 2020

FOOD CATEGORY	CHOOSE OFTEN			CHOOSE SOMETIMES			CHOOSE RARELY		
	SATURATED FAT	SODIUM	ADDED SUGAR	NATURAL FAT	SODIUM	ADDED SUGAR	SATURATED FAT	SODIUM	ADDED SUGAR
Fruits and Vegetables	<2g	<20mg	0g (1/2g for Fruit Sugar)	<2.5g	200-250mg	0-10g (10-20g for Sweetener)	<2.5g	<200mg	<10g (10-20g for Sweetener)
Grains	Most grains are included in the green, yellow, and orange categories			<2.5g	200-250mg	0-10g	<2.5g	<200mg	<10g
Protein	<2g	<20mg	<1g	2.5-4.5g	200-250mg	0-10g	<2g	<200mg	<10g
Dairy	<2g	<20mg	0g (0.5g for Sweetener)	3.5-6g	200-250mg	0-10g (10-20g for Sweetener)	<2.5g	<200mg	<10g (10-20g for Sweetener)
Non-Dairy Alternatives	<2g	<20mg	<1g	<2.5g	200-250mg	0-10g	<2.5g	<200mg	<10g
Beverages	0g	0mg	0g	0g	150-200mg	0-10g	<2g	<200mg	<10g
Miscellaneous	<2g	<20mg	<1g	3.5-6g	200-250mg	0-10g	<2.5g	<200mg	<10g
Processed and Packaged Snacks	None			If a grain is the main ingredient, it must be whole grain & 100% whole following the guidelines			<2.5g	<200mg	<10g
Desserts	None			None			All in orange and red		
Condiments and Cooking Oils	Most neutral. Exceptions include salad dressings, sauces (except tomato sauce), pickles, soy sauce, honey, maple.								
Miscellaneous Products	Most neutral. Exceptions include baby food, multi-ingredient supplements, protein powders.								

FOODSHARE
SWAP is a program of FoodShare.

Let's Test Our Knowledge

1. Are the new HER Nutrition Guidelines required for food banks by Feeding America?

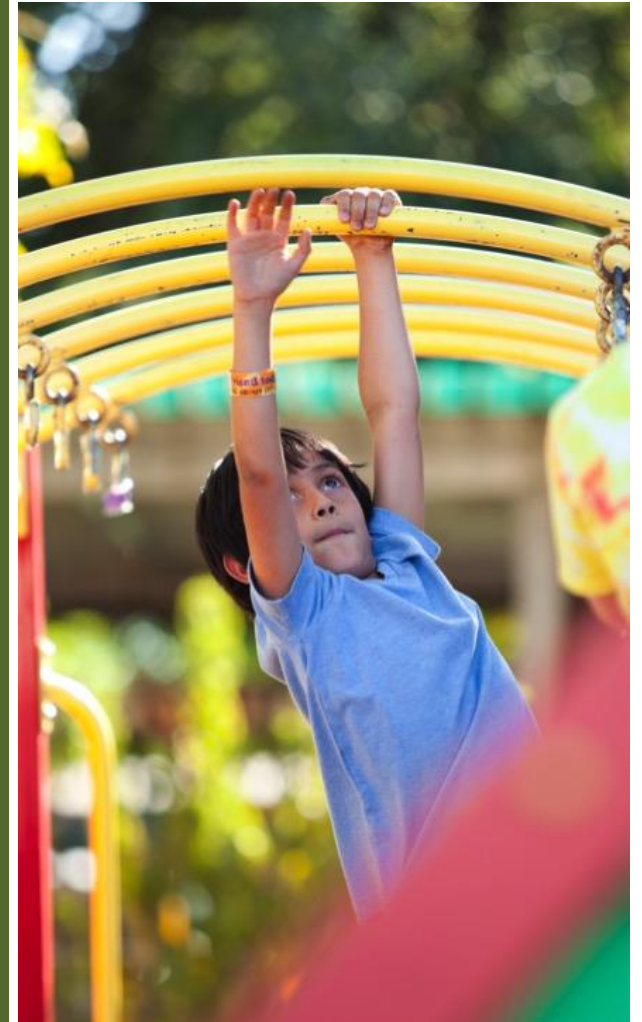
- A: Yes
- B: Currently Being Discussed
- C: No

2. Who developed the HER Guidelines?

- A: The "NAC" - National Council
- B: Network Task Force
- C: The Healthy Eating Research (HER) Expert Panel

3. How does one adopt the HER Guidelines?

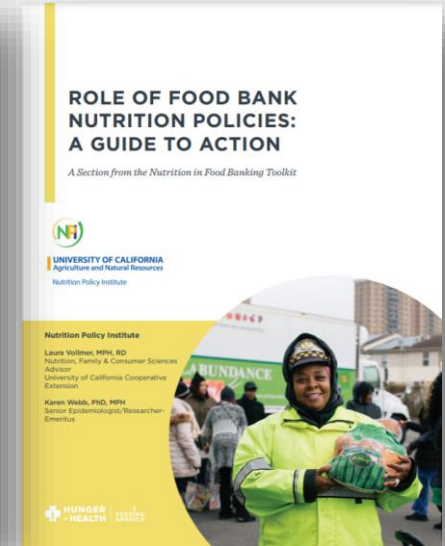
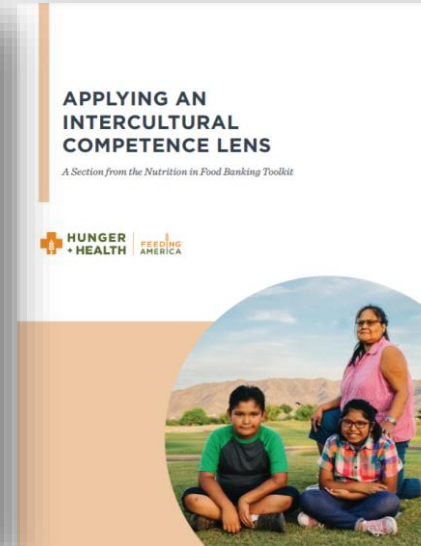
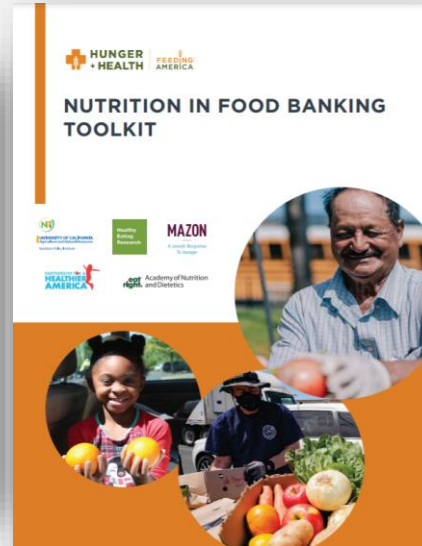
- A: Go at it alone
- B: Utilize the Nutrition in Food Banking Toolkit
- C: Engage with other partners supporting adoption
- D: All of the above



What Does This Mean for Me and My Team?

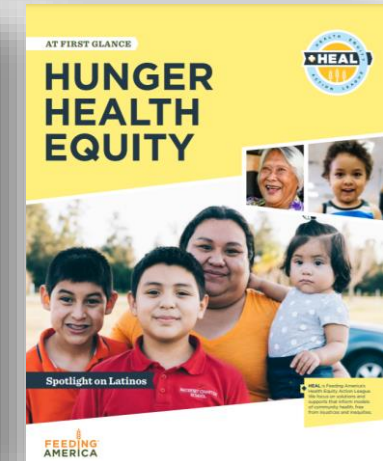
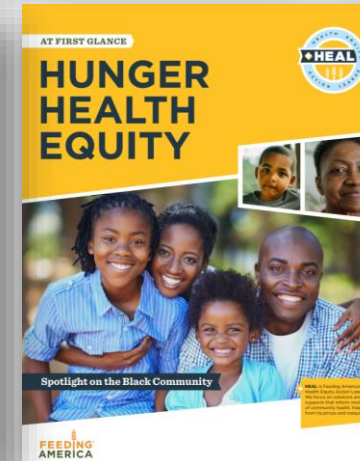
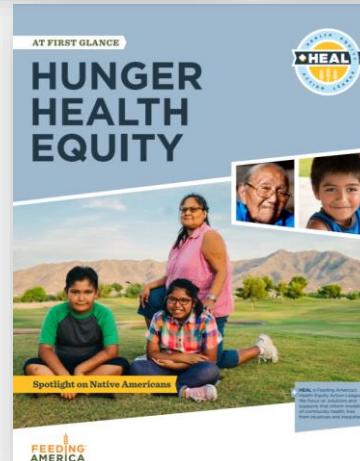


Nourish Toolbox and Related Resources



Plus:

- **\$1.2MM in Member Grants** released April 2021 with more anticipated in FY22
- **Implementation Guide** for Ceres and Primarius and additional Toolkit sections forthcoming in late Summer 2021
- **Yammer Community**
- **HungerNet Updates**, including 11/2020 webinar recording



**HUNGER
+ HEALTH**



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OUR MISSION

Educate, connect and engage cross-sector professionals on the intersections of food insecurity, nutrition and health.



Open Discussion



Together We Are Feeding America

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Director, Healthcare
Partnerships and Nutrition

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