

Resource List for “Food Banks and Food Pantries: Enhancing the Nutritional Offerings and Making Progress During COVID-19”

Guidelines and Ranking Systems

Food Service Guidelines in Food Pantries: Implementation and Evaluation Additional Guidance for SPAN, HOP, and REACH – This document provides additional guidance for DNPAO’s SPAN, HOP, and REACH recipients implementing and evaluating food service guidelines (FSG) nutrition standards in food pantry environments. The document describes and operationalizes FSG standards for food pantries as a specific setting and provides resources for recipients for implementation and evaluation. Using this document will help recipients and relevant partners enable food pantries to improve the quality and healthfulness of foods they provide.

1. **Healthy Eating Research Nutrition Guidelines for the Charitable Food System** – In 2019, Healthy Eating Research convened a panel of experts in the charitable food system, nutrition, and food policy fields to create clear, specific recommendations for evidence-based nutrition guidelines tailored to the unique needs and capacity of the charitable food system. The intent of these recommendations is to improve the quality of foods in food banks and pantries in order to increase access to and promote healthier food choices across the charitable food system, allowing all people in the United States—regardless of income—access to the foods necessary for an active, healthy life. [Healthy Eating Research Nutrition Guidelines for the Charitable Food System](#).
1. **Feeding America’s Foods to Encourage** – This framework was designed to evaluate and describe the nutritional contributions of the food categories in network food banks’ inventories more accurately. The document provides the reasoning behind each category of Foods to Encourage. It lists the specific nutrients to limit for each category and other indicators to look out for within these categories. It also provides ways to get started in using Foods to Encourage within your food bank. [Feeding America's Foods to Encourage Background](#)
2. **Supporting Wellness at Pantries (SWAP)** – SWAP is a spotlight nutrition ranking system designed to help promote healthy food choices at food banks and food pantries. SWAP is based on the most recent Dietary Guidelines, and the MyPlate Daily Checklist, to rank foods based on saturated fat, sodium and sugar because these nutrients are the most dangerous ones for chronic diseases. SWAP was revised in 2020 to synchronize with the Feeding America newly adopted Nutrition Guidelines for Ranking Charitable Food developed by an expert panel convened by Healthy Eating Research. SWAP was developed by FoodShare in CT. [SWAP](#)

COVID-19 Resources:

1. **COVID-19 Considerations for Food Pantries and Food Distribution Sites.** Managers of food pantries and food distribution sites can consider these steps to help ensure safe access to food for their clients while helping prevent the spread of COVID-19. [Considerations for Food Pantries and Food Distribution Sites](#)
2. **COVID-19 Best Practice Information: Food Banks** – This document from the Federal Emergency Management Agency describes best practices for jurisdictions to manage food banks during the coronavirus disease (COVID-19) pandemic. The document contains references and links to non-federal resources and organizations. This information is meant solely for informational purposes and is not intended to be an

endorsement of any non-federal entity by FEMA, U.S. Department of Homeland Security, or the U.S. government. [COVID-19 Best Practice Information: Food Banks](#)

3. **ASPHN COVID-19 Resource Library & Data by Categories** – This ASPHN webpage categorizes resources links offering accurate and timely information and guidance related to nutrition assistance such as (state funding, health equity, ECE, food security, food systems, etc.) during COVID. [COVID-19 Resources - ASPHN](#)
4. **Impact of Coronavirus on Food Insecurity** – This site provides the latest information on the impact of COVID-19 on food insecurity (current release is March 2021). There is also an interactive map that illustrates the projected impact of the pandemic on local food insecurity in 2020/2021. [The Impact of Coronavirus on Food Insecurity](#)
5. **Visualizing Food Insecurity.** The Northwestern Institute for Policy Research has created a tool for visualizing food insecurity data across the nation based on the U.S. Census Household Pulse Survey. The visualization presents weekly rates of food insecurity since April 23, 2020 for respondents with and without children, and can be sorted by race and ethnicity for selected states. [Visualizing Food Insecurity](#)

Food Service Guidelines Resources

1. **DNPAO Food Service Guidelines** – includes the link to the Food Service Guidelines for Federal Facilities and resources to support implementation. [Food Service Guidelines | Obesity | DNPAO](#)
2. **ASPHN Food Service Guidelines Resource** – This is a collection of food service guidelines (FSG) products used by states highlighting FSG success stories, guideline development and partner collaboration efforts [Food Service Guidelines - ASPHN](#)