

Healthy Eating Research Nutrition Guidelines for the Charitable Food System

Healthy Eating Research (HER)

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“These guidelines are designed to provide charitable food system staff, volunteers, donors, users, and other stakeholders with a common metric for identifying foods that are more and less highly desirable for distribution based on their nutritional quality. Such alignment can support the availability of a more nutritious portfolio of food products 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.”

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