

Healthy Food Pantry Agreement

As an organization supplying foods to low-income families and in accordance with the Dietary Guidelines for Americans, _____ emphasizes foods that promote and protect healthy living and decrease diet related diseases.

Additionally, _____ has committed to eliminating foods that are high in calories and low in nutrient density from our donated food stream. Specifically candy, soda, and energy drinks have been targeted for their exceptionally high sugar content and role in displacing nutrient dense food. In particular, soda and candy contribute no substantive nutrition and do not promote the nature of our work, which is to feed those who are hungry. In addition, over consumption, of these particular items may contribute to diet-related health complications.

Lastly, _____ is not implying that there is no room for these in a well-balanced diet, rather that there seems to be no indication that there is a lack of access to these items by our client base. Therefore, our efforts will continue to focus on procuring products that contribute greater nutritional value and those that are clearly more difficult to access.

Healthy Food Criteria

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% Juiceⁱⁱⁱ or $\leq 12\text{g}^{\text{iii}}$
 - **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^v & with:
 - $>10\%$ DV^{vi} or $\geq 2.5\text{g}$ fiber
- Cereal with "whole grain" listed as the first ingredient^{vii} & $>3\text{g}$ of dietary fiber
- Bread, Pasta & Cereal that meet the criteria below:
 - **Sodium:** $\leq 230\text{mg}$
 - **Total Sugar:** Bread/Pasta $\leq 0\text{g}^{\text{viii}}$
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^{xii}
 - **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:** $\leq 480\text{mg}^{\text{xiii}}$
 - **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

Site: _____

Authorized Representative

Title of Authorized Representative

Telephone: _____

Signature: _____ **Date:** _____

Bronx Health REACH:

Authorized Representative

Title of Authorized Representative

Telephone: _____

Signature: _____ **Date:** _____