



EVERYBODY NEEDS
HEALTHY FOOD

The Minneapolis Healthy Food Shelf Network

Intro to Healthy Food Policies

October 24, 2013

Obesity and chronic disease in Minneapolis

- ❑ More than 50 % of adults are overweight or obese.
- ❑ Only 20.3% of adults eat the recommended daily servings of fruits and vegetables.
- ❑ Communities of color and low-income populations are at a higher risk for obesity and chronic disease.



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Minneapolis Healthy Living Initiative

- We invest in policy, systems, and environmental changes that encourage healthy eating, physical activity, and tobacco-free living.
- We focus our efforts on helping those who are most at-risk for obesity and chronic diseases.
- We know that it's not enough to educate people on how to eat healthy, exercise, and stop smoking; they must have access to healthy options in order to make healthy choices.



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The role of food shelves

- An increasing number of at-risk people are relying on food shelves to meet basic needs.
- We see a great opportunity for food shelves to serve as a reliable source of healthy food options.
- Food shelves have the power to leverage food purchases, donations, and client education opportunities to create a place where it's easy to make healthy food choices.



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Healthy food policies

- Also called “nutrition policies”, healthy food policies are a key tool that you can use to guide your organization’s efforts to create a healthy food environment for staff, volunteers, clients, and the general public.



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What is a healthy food policy?

- Written document that typically includes:
 - Purpose or vision statement
 - Definitions
 - Guidelines or requirements for food and drinks purchased, donated, and/or served by an organization
 - Implementation plan
 - Monitoring and enforcement strategies
 - Evaluation and review process
- Can be revised and strengthened over time



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Examples of healthy food policies

- Migizi Communications
- Neighborhood Hub
- City of Minneapolis
- City of Bloomington
- Corcoran Neighborhood Organization
- Brian Coyle Center
- EFN



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Why develop a healthy food policy?

- ❑ Establish a clear direction/vision
- ❑ Create norms and set expectations
- ❑ Formalize common practices and values
- ❑ Prioritize health and wellbeing



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Common misconceptions

- ❑ In order to be effective, healthy food policies must make immediate, sweeping changes like banning all “unhealthy” foods.
 - ❑ *Healthy food policies are flexible and modifiable*
 - ❑ *You can start by making small changes and work up to bigger changes over time*
 - ❑ *Sometimes it’s easier to focus on increasing healthy food options first, then think about eliminating unhealthy items*



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How we can help

- With our SHIP grant funding, MHD will:
 - Facilitate healthy food policy conversations to help Network partners assess their readiness to create a healthy food policy.
 - Help interested Network partners draft a basic healthy food policy with commonly accepted components and principles.
 - Provide financial assistance and resources to those who create and adopt a healthy food policy.



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Collaborative effort

- Other organizations are interested in this concept. We hope to work closely with them to share resources, ideas, and support food shelves' efforts to create healthy food policies.



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