



# Creating a Healthy Foods Policy

## What, Why, & How

### What is a Healthy Foods Policy?

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A healthy foods policy is an internal document that outlines your organization's sourcing priorities and guidelines for the foods you distribute to the community.

### Why is it important?

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According to the film *A Place at the Table*, since 1980 the cost of eating processed food has decreased 40% while the cost of eating fresh produce has increased by 40%. Those on the most limited budgets often cannot afford nutritious food. Because many individuals rely on food shelves each month, it is important that the foods provided are as nutritionally dense as possible.

### How do I Create and Implement a Healthy Foods Policy?

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#### Step 1: Stakeholder Feedback

Gather input from stakeholders who will be affected by the policy: clients, donors, staff, board, and volunteers. Explain the project and gather opinions.

#### Step 2: Develop Policy

Synthesize stakeholder feedback into the top priorities for your organization. Create a draft document that includes information provided on the back of this handout.

#### Step 3: Approval

Go through the proper channels to have your organization's leadership, staff, and board sign off on the policy.

#### Step 4: Create Buy-In

Once your policy is approved, share it with your stakeholders to create excitement about implementation. Be sure to explain the positive outcomes you are hoping for and listen to any additional feedback volunteers or clients may want to share.

#### Step 5: Implement and Monitor the Policy

Start making changes to your ordering and distribution process to reflect the new policy. Continually evaluate what is working and what needs to be improved.

#### Step 6: Assess and Review

Make time annually to evaluate your policy and make sure to include stakeholder feedback.

### Questions to Consider

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What are my organization's top priorities and where does nutrition fit in?

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Who are the key stakeholders to involve in this process?

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What are the biggest risks to creating a healthy foods policy at my organization?

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What are the top three changes we would like to see after the policy is implemented?

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How will we evaluate the policy to determine its effectiveness?

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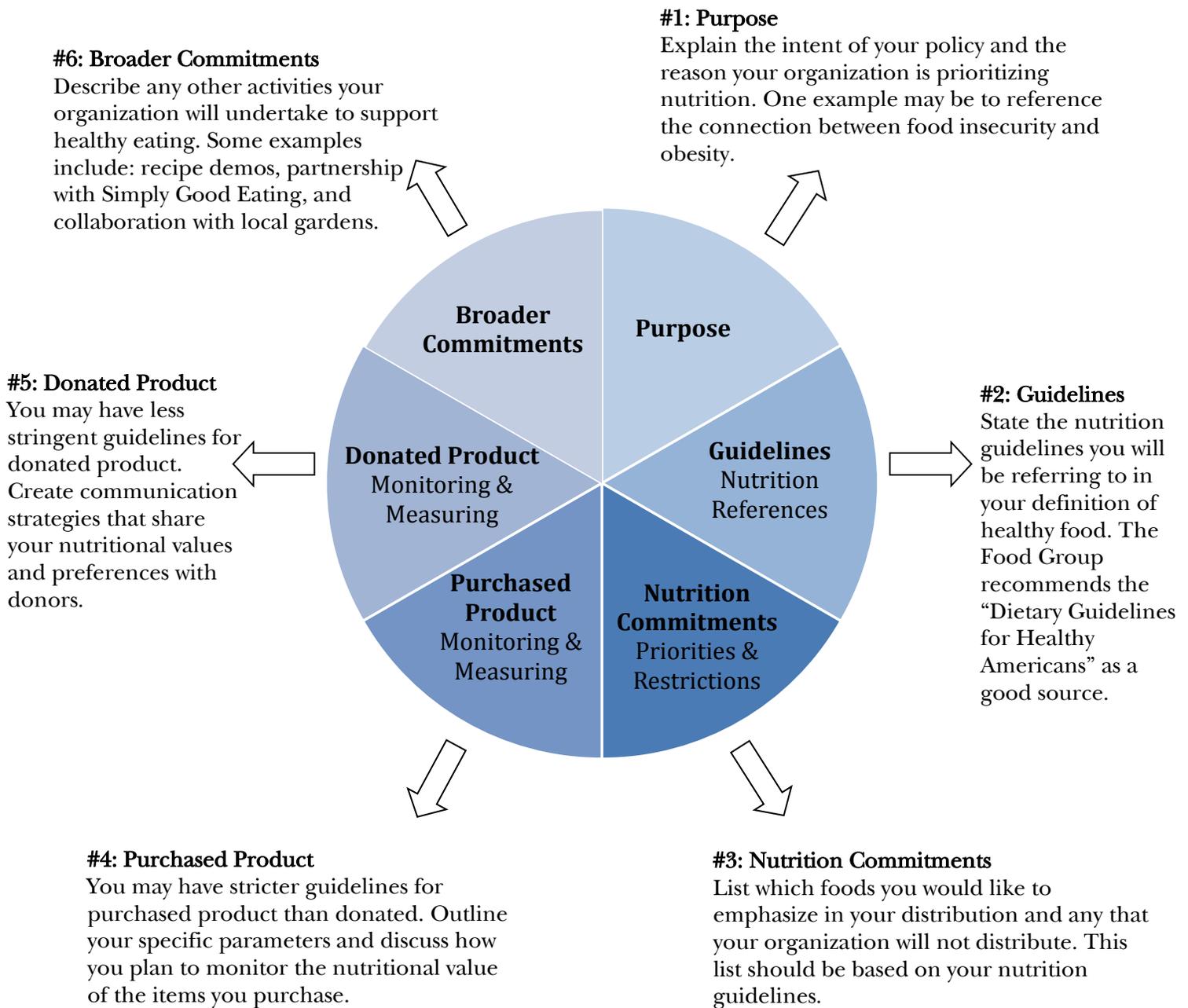
What are the biggest barriers to distributing healthy food and how can we overcome them?

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How can my organization leverage our commitment to nutrition in order to connect with current and new donors?

## What Should a Healthy Food Policy Include?

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## Additional Questions?

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