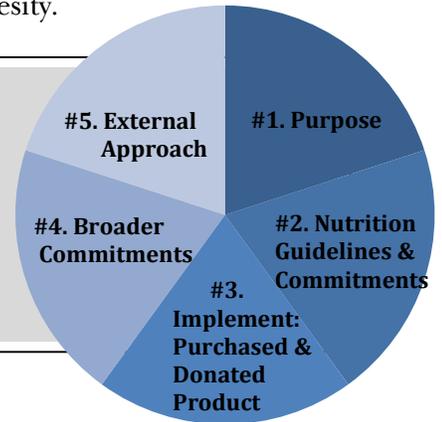


Healthy Foods Policy Worksheet

1. Purpose

Explain the intent of your policy and the reason your organization is prioritizing nutrition. One example may be to reference the connection between food insecurity and obesity.

Notes:



2. Nutrition Guidelines & Commitments

State the nutrition guidelines you will be referring to in your definition. One option is “Dietary Guidelines for Healthy Americans”. www.health.gov/dietaryguidelines/2010.asp
 Also in this section, list which foods you would like to emphasize in your distribution and any that your organization will not distribute. This list should be based on your nutrition guidelines.

Guideline Source/Reference:

Foods to Prioritize	Foods to Not Distribute
<i>Example: Fresh Produce</i>	<i>Example: Soda and Sugary Beverages</i>

*Some agencies decide not to restrict any foods, it is still suggested to list out the healthy foods you wish to prioritize.

3. Implementation: Purchased and Donated Product

Outline procedures and commitments that your organization will follow to ensure the policy is implemented. You may have stricter guidelines for purchased product than donated. Discuss how you plan to monitor the nutritional value of the items you purchase and receive as donations. You may want to add communication strategies that share your nutritional values and preferences with donors.

Purchased Product:

Donated Product:

Communication Strategy to Donors: *an example may be healthy food drive materials*

4. Broader Nutrition Commitments

Describe any other activities your organization will undertake to support healthy eating. Some examples include: recipe demos, partnership with Simply Good Eating, and collaboration with local gardens.

Notes:

Outline your key talking points and strategy for external stakeholders and potential media coverage. Identify consistent responses for the purpose of your new policy and some of the tough questions that may arise.

Talking Points:

[Empty text area for writing talking points and strategy]

