

Promising Practices for Creating Healthy Food Shelves

Minneapolis Healthy Food Shelf Network

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Promising Practices

1. Build a healthy inventory
2. Communicate proactively
3. Make healthy foods visible and appealing
- 4. Increase client awareness and demand**
5. Adopt a nutrition-focused philosophy





Promising Practice #4

Increase client awareness of, and demand for, healthy foods

Recommended Action Steps

■ Survey clients to gather feedback

- What nutrition-related health issues are they dealing with?
- What healthy foods are they interested in receiving?
- What support do they need to help them make healthy food choices?

■ Provide nutrition education

- Offer cooking demos, samples, and recipe cards for unfamiliar foods
- Partner with a dietitian or educator to counsel clients and run educational programs

■ Make it easy to find healthy options

- Use visual cues/signage to highlight healthy choices
- Encourage staff/volunteers to talk about healthy foods with clients



Available Resources

- **Assistance from MHD staff**
 - Customized client survey design
 - Survey data analysis and reporting
 - Educational materials and signs
 - “Healthy Foods Begin with You” volunteer training/meeting facilitation
 - Individual consultations



Available Resources

Healthy recipe cards



Available Resources

Nutrition education handouts

HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

VEGETABLES
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

WHOLE GRAINS
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

FRUITS
Eat plenty of fruits of all colors.

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!
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The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

WHAT'S IN YOUR BASKET? CHOOSE HEALTHY FOODS!

MILK: LOW-FAT OR FAT FREE, OR NON-DAIRY MILK ALTERNATIVE

WHOLE GRAINS: BROWN RICE, WILD RICE, WHOLE GRAIN CEREAL, OATS, ETC.

LEAN MEAT: CHICKEN, TURKEY, FISH OR LEAN BEEF

BREADS: WHOLE GRAIN BREAD & TORTILLAS, WHOLE WHEAT PITA OR FLAT BREADS, CORN TORTILLAS

DAIRY: CHEESE, LOW-FAT DAIRY SUCH AS SOUR CREAM, LOW-SUGAR YOGURT AND COTTAGE CHEESE.

PROTEINS: EGGS, CANNED OR DRY BEANS, PEANUT BUTTER, TOFU

FRUITS & VEGGIES: FRESH, CANNED OR FROZEN PRODUCE WITH NO SALT OR SUGAR ADDED



HEALTHY FOODSHELF NETWORK
www.healthyfoodshelves.org

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EVERYBODY NEEDS HEALTHY FOOD

Available Resources

**University of Minnesota Extension
Food and Nutrition Programs**



Taking Action

How are/can you increase client awareness of, and demand for, healthy foods at your food shelf?