



FOOD NUTRITION POLICY

The McFarland Food Pantry is committed to providing nutritious options for Pantry guests by:

- Committing to supporting the health of Pantry guests by prioritizing the distribution of recommended USDA's MyPlate foods and nutrients such as:
 - fruits and vegetables
 - whole grains
 - low-fat or no-fat dairy and milk products
 - a variety of protein foods
 - foods low in sodium
- Limiting the distribution of foods with refined grains, solid fats, *trans* fats, and added sugars/sodium
- Seeking to provide basic staples to support meal planning and preparation

The McFarland Food Pantry will not routinely purchase or actively seek donations of sugar sweetened beverages (soda, fruit drinks, energy drinks, etc.), candy, and other sweets/snacks.

Purchased Products will typically include:

- Whole-grain cereals, breads, rice, crackers, pastas and other grains ("whole" grain listed as the first ingredient on product package)
- A variety of fresh, canned, and frozen fruits and vegetables limited added sugars or sodium
- Canned fruits packed in 100% fruit juice or in light syrup
- A variety of lean protein food items such as meat, fish, poultry, beans, and nuts
- Low-fat and non-fat dairy products
- Low-sodium or no-salt-added canned and processed products
- Prioritize the inclusion of basic staples in product purchases
- Take into consideration the cultural preferences and special dietary needs of guests

For Donated Products the McFarland Food Pantry will:

- Encourage donations in line with USDA's MyPlate recommendations by regularly communicating with donors through handouts, electronic messaging, and in person
- Actively seek fresh produce donations from community partners

In addition, the McFarland Food Pantry will:

- Prominently place food products meeting USDA's MyPlate recommendations making them more visible to pantry guests
- Encourage guests to select nutritious options by providing information on how to use these items