

**Date:** January 22, 2016

**Policy Title:** Donated Food Policy

**Purpose of Policy:** Feeding San Diego (FSD) is committed to meeting the nutritional needs of the people we serve by establishing nutrition standards for donated food. Both obesity and hunger are serious public health problems, sometimes co-existing in the same families and the same individuals. Often times those with insufficient resources to purchase adequate food can be overweight and obese. This position is driven by our organization's values and a belief that we must responsibly manage monetary donations; make decisions that benefit the health of the public that we serve; and strive to distribute nutrient-dense<sup>1</sup> food products that enhance the quality of life for the individuals we serve.

**Policy:** FSD places high priority on distributing donated food items on the foods to encourage list<sup>2</sup> or that are low in added sugar, are packaged in light syrup or natural juices and have no trans-fat when appropriate and possible<sup>3</sup>. Foods such as cookies, chips and items not on the foods to encourage list are low priority foods to distribute. FSD will not distribute candy or soda.

**Applicability:** This policy is applicable to all donated inventory items that move through the FSD warehouse, specifically foods that are distributed through partner agencies and direct to client programs.

### **Terms:**

**Low Added Sugar** is determined by a form of sugar not being one of the first three ingredients on the ingredient list

**Candy** is defined as, but limited to the following items: Hard Candy, Gum, Chocolate bars, and Soft candy

**Cookies** include, but are not limited to: pre-packaged brownies, biscotti, cakes and similar high-sugar products

### **Definitions**

#### **Foods to Encourage:**

- fruits (no additives)
- vegetables (no additives)
- 100% whole grain
- Food items with 4g or more of fiber per serving
- unflavored/unsweetened low-fat (1%) or skim/non-fat milk or yogurt
- flavored skim/non-fat milk or yogurt
- Unsweetened Milk substitutes

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<sup>1</sup> Nutrient-dense foods and beverages provide vitamins, minerals, and other substances that may have positive health effects with relatively few calories. The term "nutrient dense" indicates that the nutrients and other beneficial substances in a food have not been "diluted" by the addition of calories from added solid fats, added sugars, or added refined starches, or by the solid fats naturally present in the food. Nutrient-dense foods and beverages minimize or exclude added solid fats, sugars, starches, and sodium. Ideally, they also are in forms that retain naturally occurring components, such as dietary fiber. All vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat milk and milk products, and lean meats and poultry—when prepared without adding solid fats or sugars—are nutrient-dense foods. For most Americans, meeting nutrient needs within their calorie needs is an important goal for health. Eating recommended amounts from each food group in nutrient-dense forms is the best approach to achieving this goal and building a healthy eating pattern for individuals, which leads to a healthy community overall.

<sup>2</sup> Terms and notes are based upon recommendations from Feeding America's Foods to Encourage nutrition program, <https://www.hungernet.org/nutrition/Pages/FoodstoEncourage.aspx>

<sup>3</sup> "...when appropriate and possible...." The Food Sourcing Manager, to justify bringing in loads that do not meet the nutrition guidelines, may use this caveat. The exceptions include but are not limited to: food is not available to procure within fiscal parameters, food is not physically available and is part of the core inventory, an emergency has occurred such as fire, earthquakes, etc. and a specific demand by clients for a particular item can be documented. When labels are not available for review, the Food Sourcing Manager will use his/her best judgment for meeting the guidelines. The donated policy and encouraged food terms and lists can be overwritten due to food shortages as determined by Feeding San Diego.

## Feeding San Diego Nutrition Policy



- protein foods (e.g. eggs, nuts, seeds, dried beans, canned meat with no additives, peanut butter)
- plain water
- 100% juice

### **Low Desirability Foods:**

- Candy and sugar sweetened beverages
- Poor nutrient profile of product as described above
- Low demand from member programs, making the item challenging to distribute

**Policy Development:** FSD's Nutrition Policy Council developed and provided feedback and nutritional expertise to this policy.

### **Recommended Implementation Procedures Overview:**

Official announcement of policy, including an opportunity to comment, to staff, board members, and member programs.

A review of donated food items should occur annually to ensure adherence to policy and to make changes to policy if necessary.