

Health Centered Food Banking

A project of the Washington Food Coalition



Who is the Washington Food Coalition and what do they do?



- Statewide membership coalition of 350+ hunger relief organizations – food banks, food pantries, meal programs & other partners
- 20 board members from 14 districts
- The WFC actively educates and networks with organizations that strive to alleviate hunger throughout Washington
- Staffed by an Executive Director, two independent contractors
- Provide resource materials, training, technical assistance and guidance on a variety of topics
- Annual 3-day conference
- Food safety and food bank certification courses
- Health Centered Food Banking



Health Centered Food Banking Project

- Nutrition Policy development
- Nutrition education support
- Training on the **SWAP** Program to encourage healthy food choices and improve inventory (*an approved SNAP-Ed Intervention!*)
- Financial support
- for translation, printing, and purchasing
- One-on-One technical assistance via virtual working sessions
- Client survey development
- Other resource development (e.g., donor guidelines)

Donor Guidelines

According to a national study among food pantry clients...



58%

of households have a member with high blood pressure

Hunger in America 2014, Feeding America

33%

of households have a member with diabetes



Let's show our commitment to breaking down barriers to food access and supporting our clients through the foods we donate.

NUTRITION MATTERS!



DONATE OFTEN

FRESH FOODS

- Fruits
- Vegetables
- Cheese (fat-free/low-fat)
- Cottage cheese (fat-free/low-fat)
- Eggs
- Milk (2%, 1%, skim)
- Non-dairy milk (unsweetened)
- Tofu
- Yogurt

FROZEN

- Unbreaded poultry & seafood
- Vegetables
- Plain tofu, tempeh
- Fish
- Halal meat
- Beef

PANTRY STAPLES

- Canned beans, low sodium
- Canned fruit in water or 100% juice
- Canned meats, low sodium packed in water
- Canned soups, low sodium
- Canned tomato sauce
- Chickpea/lentil pasta
- Dried beans
- Gluten free pasta
- Lentils
- Nut butters

- Nuts & dried fruits
- Masa
- Oats
- Other whole grains
- Quinoa
- Rice (brown, white)
- Shelf stable milk
- Shelf stable non-dairy milk
- Shelf stable tofu
- Vegetable based oils
- Whole grain pastas



Filipino Food list

Top 5 Staple food items:

- Rice (Jasmine, Calrose)
- Onion & Garlic
- Pork
- Vinegar
- Soy sauce



MORE PRODUCE...

- Kabocha Squash
- Lemongrass
- Mangoes (green and ripe)
- Moringga leaves (Malunggay)
- Napa cabbage
- Onion
- Okra
- Pineapple
- Tamarind
- Taro
- Tomatoes
- Water Spinach (Kangkong)



PRODUCE

- Banana
- Banana blossom
- Bok Choy
- Bittermelon
- Carrots
- Calamondin (Calamansi or "Philippine lime")
- Chayote
- Chinese/Filipino Eggplant
- Coconut (fresh, meat, juice, milk)
- Durian
- Garlic
- Ginger
- Green onion

BEANS & LEGUMES

- Green beans
- Mung beans
- String beans



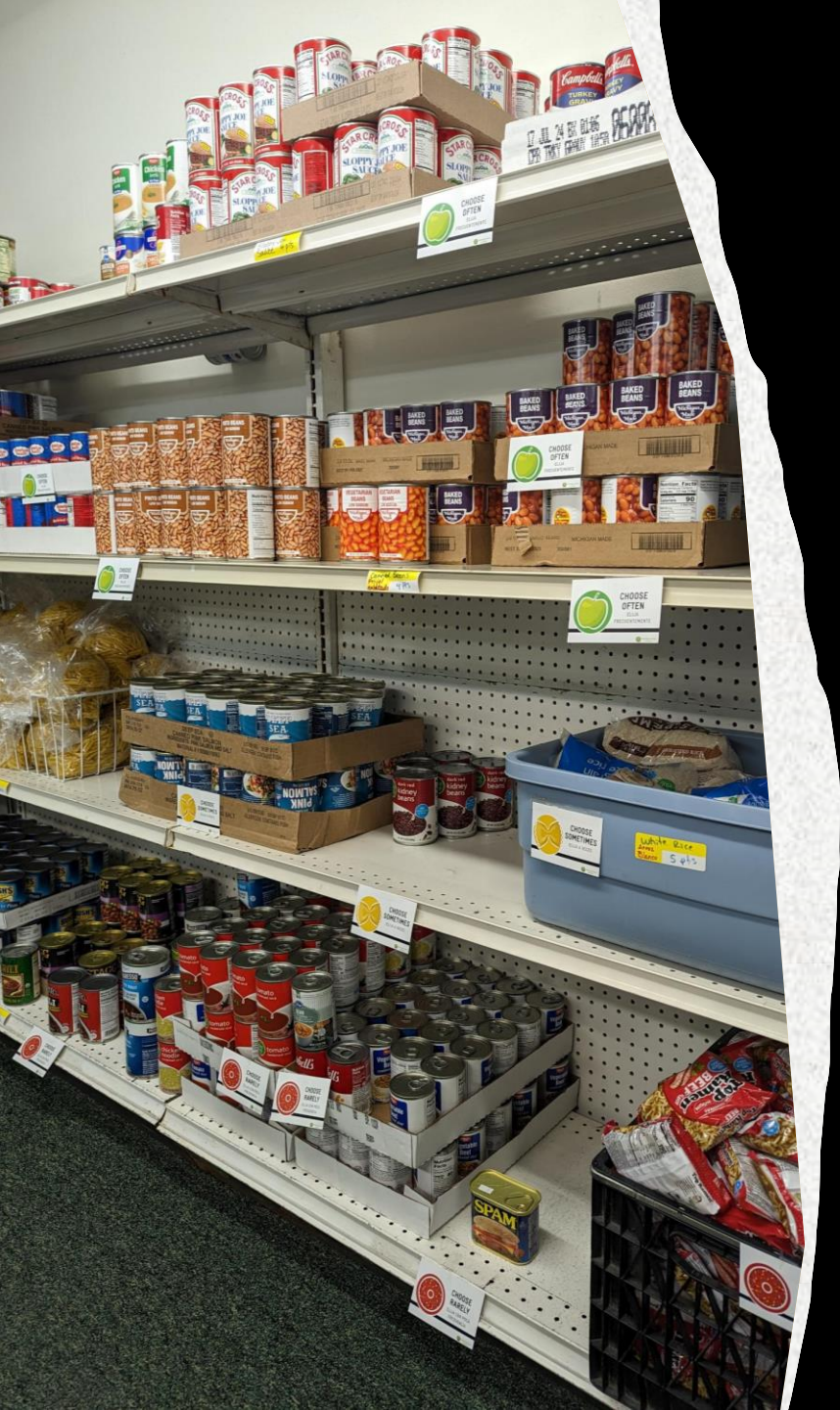
10 Tips For Addressing Stigma AROUND FOOD CHOICES AT PANTRIES

- 1 Provide visitors with an information packet about SWAP at your pantry and offer to explain it to them. The average population reads at a 5th grade level. This will enhance their knowledge and help them make healthy food choices.
- 2 Understand that your visitors have a CHOICE, regardless of SWAP guidelines. "Health" has many definitions. It includes physical, mental, AND social well-being. Your pantry has provided them with healthy food options - let them make that choice!
- 3 There may be a language barrier and the SWAP guidelines may be difficult to understand. Survey your visitors to determine their demographics and identify common languages spoken in your area. Ensure that you have translated copies for these populations.
- 4 Remember, we are trying to meet the basic need of getting them ENOUGH food and water regardless of their food choices. Only once they have this secured can they begin to make healthy food choices.
- 5 Know that EVERYONE has food preferences! Many would rather have the brand named item that they trust tastes good, regardless of sodium, added sugars, or saturated fat content.



Providing SWAP TA at the Darrington Food Bank





SWAP at Upper Valley Mendocino





April 2023 Updates

- 42 programs outreached in 18 counties
- 7 new programs have adopted nutrition policies
- 10 programs with policies in-process
- 10 programs rolling out SWAP
- Monthly SWAP peer support sessions
- Nutrition education and on-site demos
- Working on improving grocery store donations to increase nutritious and culturally specific foods
- Partnership with the American Heart Association
- Pantry signage project in development

What's Next?

1. Increase funding to help purchase more nutritious foods for communities.
2. Maximize the nutritional quality and cultural relevance of foods in the hunger relief network.
3. Support and strengthen corporate pantry partnerships to align with nutrition goals and improve donations.
4. Facilitate collaboration, partnerships and streamline/improve communication to achieve nutrition security for all.