

SAFE HEALTHY

FOOD PANTRIES

PROJECT



Funding for this project was provided by the University of Wisconsin School of Medicine and Public Health from the Wisconsin Partnership Program.

More people are relying on food pantries



plan for charitable
food assistance as
part of monthly
budget

(Feeding America 2014)

64% increase since 2007 in number of people
relying on food pantries to meet food needs

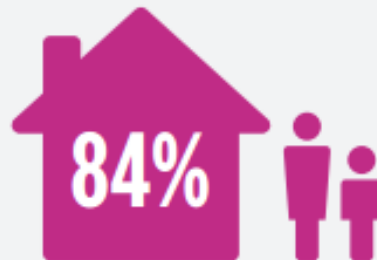
WHY IS THIS
STATISTIC
IMPORTANT?



Food pantry patron coping strategies and health profiles



OF HOUSEHOLDS REPORT PURCHASING
INEXPENSIVE, UNHEALTHY
FOOD TO FEED THEIR FAMILY



OF HOUSEHOLDS WITH
CHILDREN REPORT
THIS COPING STRATEGY



58%
OF HOUSEHOLDS HAVE A
MEMBER WITH HIGH
BLOOD PRESSURE



33%
OF HOUSEHOLDS
HAVE A MEMBER
WITH DIABETES



Source: Feeding America

Nutrition and health are closely related

- 1 in 2 American adults (117 million individuals) have one or more preventable chronic disease, many of which are related to **poor quality eating patterns** and physical inactivity
 - heart disease
 - high blood pressure
 - type 2 diabetes
 - cancer
 - bone health



Food insecurity negatively impacts health

Nutrient
Deficiencies

Low Birth
Weight

Chronic Stress

Management
of Chronic
Disease

Overweight &
Obesity

Risk for foodborne illness is greater for some individuals, sharing some characteristics of food pantry patrons



stress

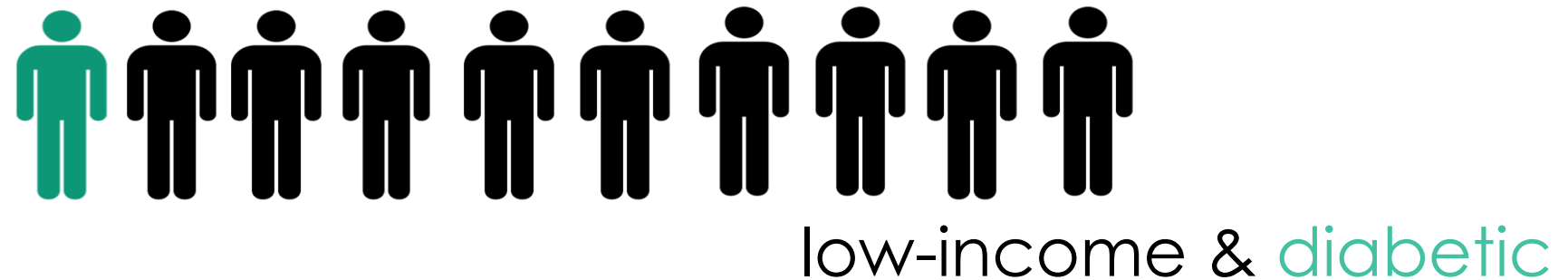
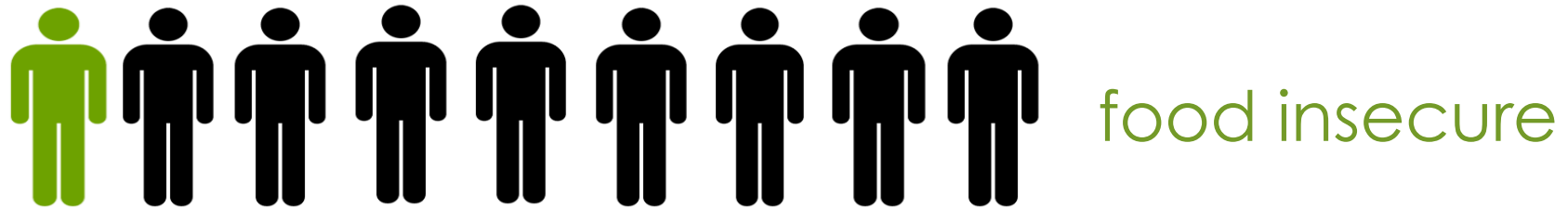
pregnancy

0-5 or 60-65
years of
age

nutrient
deficiency

ingestion of
fatty Foods

Burden of Food Insecurity & Disease In WI



64% increase since 2007 in number of people relying on food pantries to meet food needs

The Food Pantry Role in Supporting Health

... supporting the health and well-being of clients by working to improve the nutritional quality and safety of foods offered at the food pantry.



- 1) ECONOMIC SECURITY & WELL-BEING
- 2) STRONG FEDERAL FOOD & NUTRITION PROGRAMS
- 3) ACCESSIBLE & AFFORDABLE LOCAL FOOD SYSTEM
- 4) STRONG AND ACCESSIBLE EMERGENCY/CHARITABLE FOOD SAFETY NET

**FOUNDATION FOR
ENSURING FOOD SECURITY**

Dietary Guidelines for Americans

Healthy Foods at the Pantry

Dietary Guidelines for Americans

The Dietary Guidelines focuses on the big picture with recommendations to help Americans make choices that add up to an overall healthy eating pattern.



The Guidelines



- 1. Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.
- 2. Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
- 3. Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
- 4. Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
- 5. Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

Key Recommendations



The *Dietary Guidelines'* Key Recommendations for healthy eating patterns should be applied in their entirety, given the interconnected relationship that each dietary component can have with others.

Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.

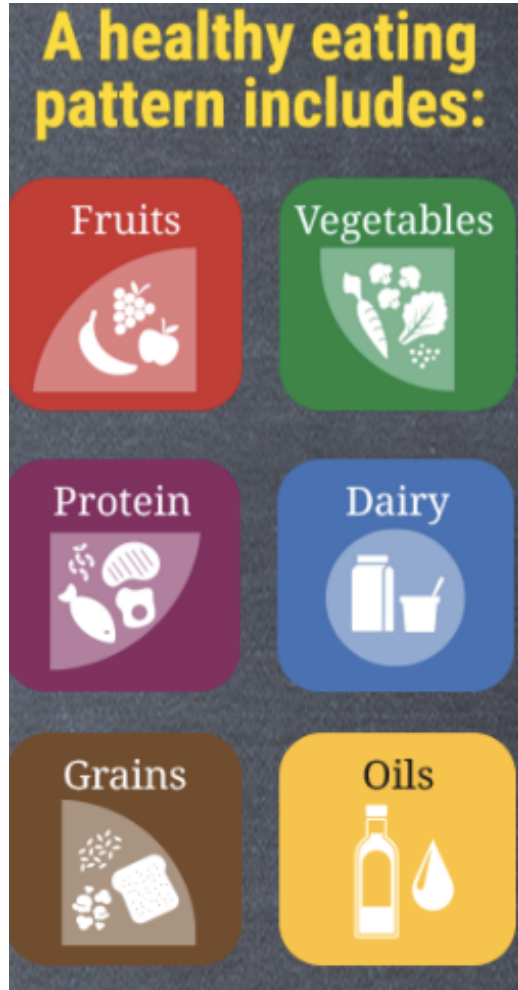
A healthy eating pattern includes:^[1]

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

A healthy eating pattern limits:

- Saturated fats and *trans* fats, added sugars, and sodium

DGAs summarized





Project Goal

The goal of the Safe & Healthy Food Pantries Project is to improve access to and availability of adequate, appropriate, **safe** & **nutritious food** for low-income people who utilize food pantries.

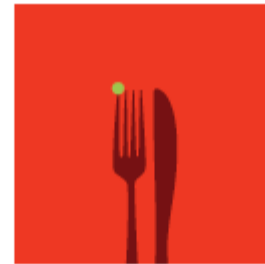
Visit online: <http://fyi.uwex.edu/safehealthypantries>

Approach

SAFE & HEALTHY
FOOD PANTRIES
PROJECT



Toolkit Components



4 Step Process



Step 1: Assessment

Safe & Healthy Food Pantries Self-Assessment

Use this self-assessment to identify current practices and policies that support a safe & healthy food pantry environment. The results of this self-assessment can guide the development of your action plan. Involve key staff members or volunteers that may assist in providing accurate responses to questions. Click directly in the check boxes if using this form electronically.

Give Your Pantry a Healthy Boost

Overarching goal: Provide healthier food choices to pantry clients.

Strategy	In Place		
	Yes	To some extent	No
Stock a Healthy Food Pantry			
Adopt, post, and communicate a nutrition policy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Educate your donors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Find fresh produce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Encourage Healthy Choices at the Food Pantry			
Be flexible with choice selections	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Offer incentives to encourage healthier choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provide a shopping list	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make healthy choices more visible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provide options for special diets and food preferences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition Education for Food Pantry Clients			
Provide nutrition education	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prompt healthy choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Support clients while shopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Offer recipes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Promote Food Safety in Your Food Pantry

Overarching goal: Provide safe food to pantry clients.

Strategy	In Place		
	Yes	To some extent	No
Put Safe Food on the Shelf			
Adopt, post, and communicate a food safety policy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Educate your donors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accept foods that are safe to eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accept safe produce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Transport, Handle, and Store Food Properly			
Keep hot foods hot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep cold foods cold	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handle and store food safely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When in Doubt, Throw it Out			
Discard unsafe food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Support Clients in Handling Food Safety			
Educate clients about food safety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

01

PROGRAM
ASSESSMENT

Step 2: Review Strategies

Promote Food Safety in Your Pantry

- Putting Safe Food on the Shelf
 - Establish a Food Safety Policy
 - Educate your Donors
 - Accept Safe Foods
 - Accept Safe Produce
- Transporting, Handling, and Storing Food Properly
 - Keep Hot Foods Hot
 - Keep Cold Foods Cold
 - Transport Food Safely
 - Handle and Store Food Safely
- Following the rule: When in Doubt, Throw it Out
 - Discard Unsafe Food
- Supporting Clients in Handling Food Safely
 - Educate Clients about Food Safety

Give Your Food Pantry a Healthy Boost

- Stocking a healthy food pantry
 - Establish a nutrition policy
 - Educate your donors
 - Find fresh produce
- Encouraging the selection of healthy food choices
 - Offer flexibility
 - Incentivize healthier choices
 - Provide a shopping list
 - Make healthy choices more visible
 - Meet special dietary needs and preferences
- Providing nutrition education
 - Partner with your county Wisconsin Nutrition Education Program
 - Prompt people to make healthier choices
 - Support clients while shopping
 - Offer recipes

Step 3: Develop Action Plans & Policies

Safe & Healthy Food Pantries

Action & Strategy Planning Template



This template is designed to assist you in developing an action plan to implement food pantry strategies to support a safe and healthy food pantry. Utilize your notes and findings from the action plan worksheet to guide your strategy planning.

Name of Food Pantry:	
Start Date – End Date:	
Goal(s) Statement:	<i>What do you hope to achieve in the long run?</i>
Strategies to Implement: <i>You might pull from the strategies identified in the pantry action tool to guide your thinking</i>	<ol style="list-style-type: none"> 1. 2. 3.

Strategy 1:					
Specific activities that will occur to complete identified strategy	Timeframe	Person(s) Responsible	Resources Needed (Money, Staff, Volunteers, etc.)	Measures/Indicators of success. What you will measure. What does success look like?	How you will measure success. How will you know you have been successful?

Step 4: Implementation



Perishable Food Decision Tables



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frozen foods			
Type of Food	Partially Frozen (some ice crystals)	Thawed – still cold (40°F or below)	Thawed – warm (above 41°F)
Meats	Refreeze	Cook and serve or Cook and refreeze	Discard
Poultry	Refreeze	Cook and serve or Cook and refreeze	Discard
Fish and Shellfish	Refreeze	Cook and serve or Cook and refreeze	Discard
Combination Dishes (stews, casseroles, etc)	Cook and serve or Cook and refreeze	Cook and serve	Discard
Dairy Items	Refreeze	Refreeze or Refrigerate	Discard
Juices	Refreeze	Refreeze	Discard
Baked Goods	Refreeze	Refreeze	Serve

refrigerated foods	
Type of Food	Action
Milk	Discard if held above 40°F for more than 2 hours.
Fruit Juices	Pasteurized juices are safe for up to 6 hours; discard if cloudy, moldy, or signs of fermentation
Eggs (Fresh or hard boiled)	Discard if held above 40°F for more than 2 hours.
Hard cheese (e.g. Cheddar, butter, or margarine)	Safe unrefrigerated for 12 hours; discard if mold or rancid odors develop.
Soft cheeses (e.g. Cream Cheese)	Discard if held above 40°F for more than 2 hours.
Fresh Fruits and vegetables (uncut)	Safe unrefrigerated. If cut, discard is held above 40°F for more than 6 hours.
Fresh meats and poultry	Discard if held above 40°F for more than 2 hours.
Lunch meats and hot dogs	Discard if held above 40°F for more than 2 hours.
Mayonnaise	Discard if held above 40°F for more than 2 hours.

Intake card for guests



5

Name: _____

Clothing:

Shopping Checklist



A shopping checklist card is displayed on a dark, marbled surface. The card is a rectangular piece of paper with a grid layout. The grid has two rows and eight columns. The top row contains category names, and the bottom row contains the number of items for each category. The categories are color-coded: Fruits (red), Vegetables (green), Meat and Beans (purple), Dairy (blue), Grains (orange), Meal Makers (light green), Misc. (tan), and Personal Items (white).

Fruits	Vegetables	Meat and Beans (Peanut Butter, Eggs)	Dairy (Yogurt and Cheese)	Grains	Meal Makers (Soups, Meals in a Box)	Misc. (Oils, snacks & sweets, condiments, staples)	Personal Items
5 Items	5 Items	5 Items	2 Item	3 Items	5 Items	6 Items	4 Items

P is for Purple and PROTEIN!



Everyone needs a little nudge!



Grains are great...if you know how to use 'em!



Pastina?? Tried it and LOVED it!



Lessons Learned

- Roll out in stages
- Rearrange your pantry
- Encourage dialogue w/ guests and volunteers
- Include resources on your website – check out ours www.caritasbeloit.org
- Have daily team meetings with volunteers.
- Great intern/student project



Safe and Healthy Food Pantries Project

University of Wisconsin-Extension



[Home](#) [About the Project »](#) [A Healthy Food Pantry »](#) [Food Safety in Your Pantry »](#) [Assessment](#) [Develop Your Action Plan](#) [Training Materials](#)



An important part of offering healthy food at your food pantry is making sure the food is safe to eat. Learn more about what your food pantry can do to promote food safety.

Promote food safety in your pantry.

LEARN MORE

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SAFE & HEALTHY FOOD PANTRIES PROJECT

As more Wisconsinites turn to food pantries to meet their food needs, it is more important than ever that food pantries consider their role in supporting the health and well being of clients.

The **Safe & Healthy Food Pantries Project** was developed to provide food pantries with guidance on how to improve the nutritional quality and safety of their food inventories.

The **full project guide** offers food pantries with the opportunity to learn the latest research, assess their current practices, review strategies, and develop an action plan to improve the nutrition and safety of the foods they provide to families.

Check back often for tools updates and new resources!



The food pantry can support clients in making the healthy choice the easy choice. Learn more about what your pantry can do to give your food pantry a healthy boost.

Give your food pantry a healthy boost.

LEARN MORE

A white hand cursor icon pointing to a blue circle, indicating a clickable link.

CONNECT WITH FAMILY LIVING PROGRAMS



DOWNLOAD

[Project Guide \(pdf\)](#)

SUBSCRIBE

[Sign up and SHFP pledge](#)

fyi.uwex.edu/safehealthypantries

Questions?

For more information contact:

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Or your local University of Wisconsin County
Extension Office

