

## Foods to Encourage Talking Points

- The Food Bank is committed to providing healthy foods to Delawareans in need. As an organization, it is our responsibility and duty to community members in need to procure and distribute foods of high nutritional quality. To meet this commitment, we have implemented a new Foods to Encourage policy. The Foods to Encourage policy is the next step in a policy that was implemented in 2012. In 2012, we determined as an organization to no longer accept soda or candy of any kind.
- Under the new policy, the Food Bank of Delaware will no longer accept the following:
  - Savory snacks including chips, puffed cheese snacks, pork rinds
  - Sweet snacks including cakes, cookies, donuts, ice cream, pastries and popsicles.
  - Soda and candy
- The new policy is based on the 2015 Dietary Guidelines for Americans and Feeding America's Foods to Encourage framework.
- In order to procure foods that fall under these guidelines, the Food Bank of Delaware has devised a "most wanted" list of foods that are low in sodium and sugar, high in fiber, contain whole grain as the first ingredient and more. (See attached list)

### **Why did we implement this new policy?**

- Studies indicate that clients served through our network of Hunger Relief Partners have difficulties accessing and affording foods necessary for a healthful diet.
- Those who are food insecure oftentimes choose foods with little to no nutritional value due to their lower price points and familiarity. Stretching food dollars in this way results in a diet that is high in calories, saturated fat and added sugar and often low in fresh produce, lean protein and low-fat dairy.
- A national study indicates that 85% of clients ranked soda, candy, and snacks lowest among foods they prefer to receive at a pantry.

- Research also shows that clients want healthier foods from food pantries; they report that it is very important to them to receive healthful foods. Meat, poultry, fish, vegetables, fruit and dairy products are at the top of their preference list.
- As an organization we are concerned about the increasing rates of diabetes, obesity, high blood pressure and other serious diet-related diseases and conditions among the population we serve.
- Research shows that low-income people are more likely to be overweight or obese and develop diabetes and high blood pressure than people with middle or upper incomes.
- Food insecure adults are at a 50 percent greater risk for developing diabetes and a 20 percent greater risk of developing hypertension than other food secure adults.
- According to the 2014 Hunger in America study:
  - 55 percent of respondents in Delaware reported that either they or a family member was in poor or fair health.
  - 74 percent client households have a member with high blood pressure.
  - 67 percent of clients choose between medications and food
- A healthy diet can help mitigate some of these health conditions.

# FOOD BANK OF DELAWARE

## MOST NEEDED ITEMS

### High Fiber, Low Sugar, Low Sodium

#### CANNED FRUITS



*In Light Syrup  
or in its  
Own Juices  
(if possible)*

#### HOT & COLD CEREAL



Oatmeal  
Cheerios  
Corn Flakes  
Raisin Bran

*100% whole-grain or whole grain  
as first ingredient (if possible)*

#### CANNED MEAT



Tuna  
Salmon  
Chicken

*In Water (no oil or broth if possible)*

#### PEANUT BUTTER



*Low-Sodium  
(if possible)*

#### GRAINS



Brown and  
White Rice  
Pasta  
Macaroni &  
Cheese

*First ingredient  
whole-grain  
(if possible)*

#### CANNED & DRIED BEANS



*Low-Sodium  
No Salt Added  
(if possible)*

#### CANNED VEGETABLES



*Low-Sodium  
No Salt Added  
(if possible)*

#### 100% FRUIT/VEGETABLE JUICE



All Sizes, Including  
Juice Boxes

#### HEALTHY SNACKS



Raisins  
Granola Bars

The Food Bank of Delaware is creating access to good, healthy food in every community, and we couldn't do it without your generous donations! Our new Foods to Encourage policy ensures that we procure the healthiest foods available for Delawareans in need.

Unfortunately, many low-income Delawareans suffer from health conditions such as diabetes, high blood pressure, and other diet-related illnesses. Ensuring access to healthy foods helps mitigate these health conditions. By choosing items on this "most wanted" list, you're contributing to the health and wellness of 114,000+ neighbors we serve. Thank you for your generous donations!