



# A Fresh Approach to Ending Local Hunger Through

## ACCESS TO HEALTHY FOOD

-HEALTHY FOOD POLICY-

### Purpose

**Sheboygan County Food Bank** champions healthy choices in employees, volunteers, and the neighbors we serve through our partner agencies. We believe that every person has the right to access healthy foods. A healthy, sustainable food supply decreases chronic diseases, increases productivity in the classroom and workplace, and increases health equity in our communities.



### We commit to:

- 1. Offering a high percentage of fresh and perishable food** for our partner agencies.
- 2. Expanding our healthy food offerings that fall under \*MyPlate guidelines**, such as frozen vegetables, juice concentrates, and cheeses for our partner agencies.
- 3. Removing food with low-to-no-nutritional value** that is collected from food drives and donations.
- 4. Offering healthy food choices** at staff meetings, public events, and volunteer engagement activities.
- 5. Engaging the community** to support a healthy, equitable, and sustainable food system.

### We focus on distributing:

- fresh, whole foods such as fruits and vegetables, milk, cheese, and meats
- foods with high and healthy nutritional values
- low-sugar, low-sodium, and whole-grain items whenever possible

### We do not distribute:

- soda and other sugar-added beverages
- candy and chocolate
- bakery sweets including: cake, donuts, cookies, and pastries
- ice cream



\*MyPlate is the current nutrition guide published by the USDA Center for Nutrition Policy and Promotion. MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a family image – a place setting for a meal.



920.453.0169  
3115 N. 21<sup>st</sup> Street, Suite 1  
Sheboygan, WI 53083

[www.sheboygancountyfoodbank.com](http://www.sheboygancountyfoodbank.com)

