

# 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.



\*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.



**SHEBOYGAN  
COUNTY  
FOOD BANK**

## 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



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



**SHEBOYGAN  
COUNTY  
FOOD BANK**