



Be on the **LOO**kout for LCFB F2E

F2E stands for “Foods to Encourage.” F2E foods meet specific dietary requirements that nourish our clients, prevent poor health, and help clients manage chronic disease. These items can be promoted in your pantry to clients with chronic diseases, like diabetes and hypertension, to eat more often.

Our team of staff and volunteers are taking steps to make it easier for you to identify F2E foods. In 2017, we began with sorting and identifying fruits and vegetables. In 2018, we are sorting shelf stable protein. Over the next few years we will expand our sorting to other food groups/categories but wanted to share the guidelines for those categories for your knowledge.

Be on the lookout for the **F2E** designation on the shopping list.

The following is the F2E criteria and a visual of where to find it on the label.
Currently we are only sorting F2E **fruits**, **vegetables**, and **protein**:

<p>Saturated Fat</p> <p>≤ 2g</p> <p>Fruits Vegetables Grains Protein</p>	
<p>Sodium</p> <p>≤ 230mg</p> <p>≤ 480 mg</p> <p>Fruits Vegetables Grains Protein</p>	
<p>Sugars</p> <p>≤ 12g</p> <p>0 g</p> <p>Fruits Vegetables Grains (cereal) Grains (bread/pasta)</p>	

Fruits

Vegetables

Grains

Protein

Key: ≤ means less than or equal to the number

Items not categorized as F2E are just as important for our clients to select. These items just need to be accompanied with some extra tips and tricks on how to cut back on the sodium, sugar, and saturated fat in the product.

For tips, tricks, and recipe ideas, please contact the LCFB Nutrition Team at nutrition@lcfb.org.