



**Lowcountry Food Bank
Nutrition Policy
Executive Summary**

Overview

The Lowcountry Food Bank (LCFB) Nutrition Policy guides our decision-making about which foods we purchase, receive, and distribute to our clients and neighbors. This formal policy demonstrates LCFB's commitment to improving equitable access to nutritious food in our community.

Although many factors can affect the cycle of food insecurity, the LCFB believes that greater access to nutritious food can help break this cycle and alleviate the burdens of food insecurity. Additionally, proper nutrition is crucial to preventing chronic disease and ensuring our neighbors' productivity at work, school and in daily activities.

Nutrition Standards

This Nutrition Policy is the gold standard used to procure and distribute Foods to Encourage (F2E). F2E meet specific nutrition standards set by Feeding America's 'Detailed Foods to Encourage' framework, and include foods that nourish, prevent poor health, and help people manage chronic disease. The nutrition standards focus on recommended levels of sugar, sodium, and saturated fat for our neighbors' consumption. The food groups covered in this policy include fruits, vegetables, whole grains, low-fat dairy foods, and lean protein foods.

To support the health and well-being of the people we serve, the LCFB will limit the procurement and distribution of sugar-sweetened beverages, snack foods, and desserts that contain high quantities of sugar, sodium, and saturated fats while respecting our client's freedom of choice. Foods and beverages that the LCFB will not distribute include energy drinks and shots, alcoholic beverages, and candy, which do not add valuable nutrients.

Nutrition Policy Aligns with Lowcountry Food Bank Strategic Plan

We recognize challenges in aligning our current operational systems with the Nutrition Policy. Therefore, a process has been established to achieve a percentage of pounds that meet this standard over a determined period of time. The Nutrition Policy is a tool for setting yearly goals and work plans consistent with the Lowcountry Food Bank Strategic Plan. The policy will also guide management in decisions and ensure accountability to meet the set goals.