



Defining Parameters of a Food Secure System

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Connecting Diet, Disease & Food Security

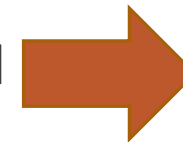
WHAT IMPACTS CHOICE

- ❖ Culture & Traditions
- ❖ Surroundings (Environment)
- ❖ Budget
- ❖ Availability & Access
- ❖ Preferences
- ❖ Emotions
- ❖ Knowledge

IMPACTS OF DIET ON HEALTH

Risk Factors

- ❖ Overweight & Obesity
- ❖ High blood pressure
- ❖ High blood cholesterol
- ❖ High blood glucose
- ❖ Low bone density



Chronic Disease

- ❖ Heart Disease
- ❖ Certain Cancers
- ❖ Type 2 Diabetes
- ❖ Stroke
- ❖ Osteoporosis

Food insecurity impacts choices & increases risk for chronic diseases



Wh **Healthy** **Foods?**

(POLL EVERYWHERE)

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Eat for Health



State of complete physical, mental and social well-being and not merely the absence of disease or infirmity

2015 Dietary Guidelines for Americans (DGAs)


2015-2020

Grounded in current scientific evidence

Recommendations intended to help individuals 2 years of age and older **improve and maintain overall health and reduce risk of chronic disease**


Used to develop Federal food, nutrition and health policies and programs

MyPlate, MyWins.
Find your healthy eating style and maintain it for a lifetime. This means:



Choose **MyPlate.gov**

Everything you eat and drink over time matters. The right mix can help you be healthier in the future.



Choose **MyPlate.gov**

Make half your plate fruits & vegetables.

Focus on whole fruits.

Vary your veggies.

Grains

Make half your grains whole grains.

Protein

Vary your protein routine.

Dairy

Move to low-fat or fat-free milk or yogurt.

Limit

Drink and eat less sodium, saturated fat, and added sugars.

Start with **small changes** to make healthier choices you can enjoy.

Visit ChooseMyPlate.gov for more tips, tools, and information.

Feeding America's Foods to Encourage (F2E)

Protein

- Eggs
- Nuts, Seeds, Beans and Lentils with nothing added
- Beans, Meat, Poultry and Seafood that meet criteria below:
 - **Sodium** ≤ 480mg^x
 - **Sat Fat:** ≤2g^{xi}
 - **Trans Fat:** 0g
- Nuts/Seeds responding spreads that meet the criteria below:
 - **Sodium:** ≤230mg
 - **Total Sugar:** <4g per 2T/1oz^{xii}
 - **Trans Fat:** 0g

Help pantries evaluate the nutrition content of the foods they stocked

Recommendations *not requirements*

- ❖ Inclusive of items that meet the DGAs
- ❖ Intended to send a positive message
- ❖ Focusing on specific food groups that are more widely accepted as contributing positively to good health and align with USDA MyPlate

Categories & Qualifying Criteria:
Fruits & Vegetables, Grains, Protein, & Dairy



Why do we need Policy?

(POLL EVERYWHERE)

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The Power of Policy

- ❖ Communicates your position/stance to others
- ❖ Can be tailored to fit your organization (broad, specific)
- ❖ Holds us accountable
- ❖ Keeps you on-track (guide)
- ❖ Actionable
- ❖ Free



Developing your Policy

WHAT TO INCLUDE

- ❖ Purpose of the Policy
- ❖ Guiding Principles
- ❖ Purchased Products
- ❖ Donated Products
- ❖ Product Placement & Selection
- ❖ Identify Policy Authority
- ❖ Timeline for Policy Review & Revisions





The Power of Nudges

ENHANCING THE EMERGENCY FOOD ENVIRONMENT

Thank
you

