

ATCAA Food Bank Wellness Policy



Purpose: ATCAA’s vision is for residents to be self–reliant, **healthy**, free from economic hardship, feeling sustained by the support of community and family, and able to achieve their maximum potential as engaged citizens. As the ATCAA Food Bank, we hope to turn away from caloric fundamentalism (the belief that those needing food simply need calories) and distribute nutritious foods for our clients, to both fill their stomachs and nourish their health. In an effort to strategically fight both hunger and poor health in our community, ATCAA Food Bank is proud to share our Wellness Policy and Nutrition Guidelines. These guidelines detail our intentional shift toward procuring and distributing nutritious food for our families. We will make all efforts to ensure that foods are appealing, culturally appropriate, and follow the most recent Dietary Guidelines for Americans. As part of our efforts to encourage community health, ATCAA will empower staff, volunteers, and recipients with nutrition education.

Purchasing Policy: ATCAA Food Bank will purchase encouraged food items which fit the definitions below. Additionally, ATCAA Food Bank will not purchase candy or sugar sweetened beverages. The policy of ATCAA Food Bank is applicable to all inventory items that are purchased for distribution.

Definitions:

Encouraged Foods:

- Fruits (fresh, frozen, or low-sugar canned)
- Vegetables (fresh, frozen, or low-sodium canned)
- Whole grain items (cereal, breads, rice, crackers, pastas, and other grains where “whole” grain is listed as the first ingredient)
- Unflavored/ unsweetened low-fat (1%) or skim/ nonfat milk or yogurt
- Protein Foods (i.e. eggs, nuts, seeds, beans, peanut butter, or canned meat with no additives)
- Plain water or 100% fruit juice

Discouraged Foods:

- Foods with high sodium, saturated fat, or added sugars
- Refined grain items

Donation Policy:

ATCAA Food Bank will:

- Encourage donations in line with USDA’s MyPlate recommendations by regularly communicating with donors
- Actively seek fresh produce donations from community partners
- Consider the nutritional value of bulk donated products and refuse any donations that fall under food categories of products that ATCAA will not distribute
- Not accept homemade or expired foods in accordance with USDA food safety recommendations

* We are contractually bound to accept foods from certain vendors. If these foods do not meet the guidelines above, they will be made available to partner organizations, who can offer the foods at their own discretion.

Policy Authority and Implementation: In the case of interpretation or clarification of intent, questions can be directed to the ATCAA Food Bank Director. A review of food items should occur yearly to ensure adherence to policy and make changes as needed.

Joe Tobin, ATCAA Food Bank Director

Developed in conjunction with CalFresh Healthy Living (Tuolumne County UC CalFresh and Public Health Department)

Donation “Grocery List”

ATCAA Food Bank is dedicated to providing nutritious food for our clients that both fills their stomachs and nourishes their health. With these guidelines, we hope to fight both hunger and poor health in our community.

Thank you for supporting ATCAA’s Wellness Policy and making good food more accessible to all!



Nutritious Foods Needed:



Proteins:

- Canned chicken, tuna, and salmon (packed in oil)
- Low-sodium beef or meat stews
- Peanut butter, nut butters (low-sugar, low-sodium)
- Dry or low-sodium canned beans (baked, kidney, pinto, green, refried, or black beans)



Fruits and Vegetables:

- Canned fruits (in fruit juice or low-sugar)
- Canned low-sodium vegetables

Whole Grains:

- Whole grain pasta
- Brown rice
- Rolled or steel cut oatmeal
- Low-sugar cereals
- Granola bars, energy bars



Other Foods:

- Low-sodium hearty soups (including vegetarian)
- Ensure or other nutritional supplement drinks



Caution:



Due to health code requirements, we are unable to accept items or cans that are:

- Damaged, unlabeled, or expired past 30 days
- Perishable, homemade, or non-commercial
- Open or used

To better support the health of our families, we discourage the following donations:

- Foods with high sodium, saturated fats, or added sugars
- Refined grain items