

Building a Healthy Pantry

It takes a village.

Nutrition Works



- Collaborating with Healthcare Providers
 - Food Insecurity Screenings
 - Referrals to food security network
- Growing a Network of Healthy Pantry Environments
 - Trainings
 - Resources
 - Support
- Connect Partners



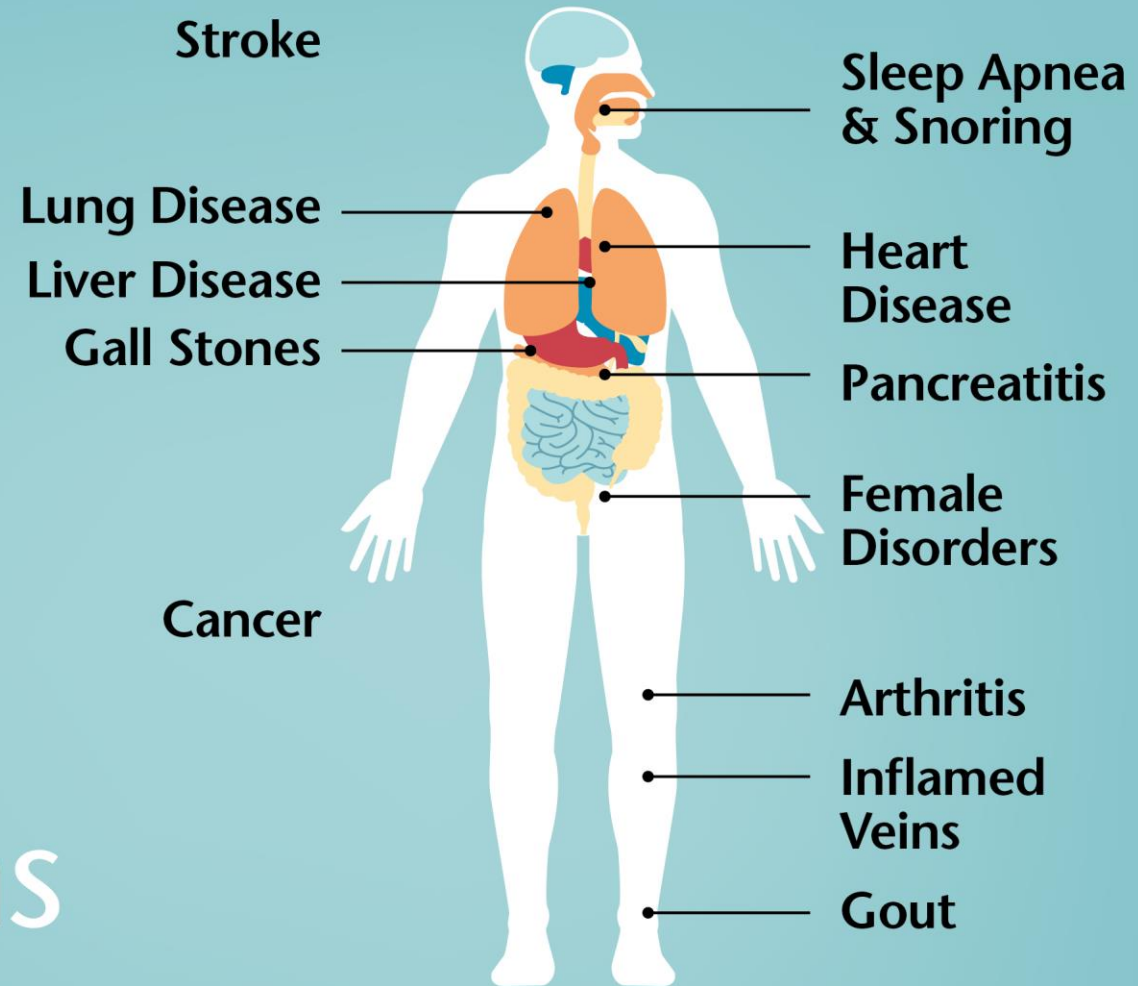




Understanding the big picture

Over **60%**
of chronic conditions
and diseases can be prevented
by lifestyle changes,
specifically **diet** and **exercise**.

Chronic Conditions



Components of a Healthy Pantry Environment

- Client Choice Model Distribution
- Providing Healthy Food
- Promoting Healthy Food
 - Signage
 - Displays
 - Demos/Taste Tests



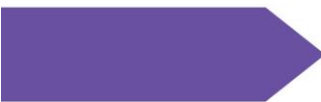
What is Client Choice?

- Enables selection of desired product
- Upholds dignity of clients
- Allows for accommodation of needs, such as dietary constraints or limited cooking equipment



<https://www.mannafoodbank.org/agency-access-and-information/community-outreach-resources/client-choice/>





Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Use as a quick guide:

5% or less is LOW

20% or more is HIGH

Benefits of Food Demonstrations

- Expose clients to new foods or recipes
- Encourage healthy food preparation
- Increase confidence in cooking skills
- Facilitate conversation
- Reduce waste at the pantry





MANNA FOODBANK
NUTRITION
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QUESTIONS?

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