

HEALTHY FOOD DONATION POLICY

1. **PURPOSE:** UNIFI has a commitment of supporting the health and wellness of our community, recognizing that stroke, heart attack, obesity, and diabetes are largely affected by diet. For this reason, UNIFI is selective in its choices of food products to offer at our demonstrations & food literacy training. UNIFI has adopted this Healthy Food Donation policy to ensure that the health of our community is considered when accepting food donations.
2. **POLICY:** UNIFI has committed to provide an environment that encourages healthy food consumption in the community by providing products that meet the food standards below.
3. **POTENTIAL POLICY STATEMENTS TO INCLUDE:** UNIFI will accept all food donations, but will specifically request healthier items to include the following, to meet the needs of local food dessert/food swap community:

FRUITS AND VEGETABLES

1. Fresh produce, (such as watermelon, apples, bananas, oranges, blueberries, broccoli, asparagus, lettuce, eggplant and more)
2. Low-sodium or water packed canned vegetables (such as tomatoes or low-sodium canned green beans)
3. Canned fruits (in 100% fruit juice or lite syrup) and
4. Dried fruits and vegetables (such as dried cranberries, dried bananas, dried mango. Please avoid added sugars or fat).

DAIRY AND DAIRY SUBSTITUTES

1. Milk, (such as non-fat, skim, or low-fat milk)
2. Shelf stable milk or non-dairy alternatives, (such as almond milk, soy milk, dehydrated milk, and canned evaporated milk)
3. Cheese and cream,
4. Ice cream and yogurt, and
5. Non-dairy alternatives.

100% WHOLE GRAINS

1. Whole-wheat pasta and flour,
2. Brown rice and wild rice,
3. Whole-grain cereals, and
4. Breakfast granola bars.

HEALTHY FATS

1. Nuts and
2. Beans

MEATS

1. Seafood,
2. Lamb/Beef,
3. Meat substitute,
4. Chicken, and
5. Eggs.

EXTRAS

1. Spices,
2. Herbs,
3. Sause,
4. Baby food, and
5. Salad dressing.

4. UNIFI will avoid these donations:

1. Cut fruit and vegetables (e.g. fruit trays. Keep items whole),
2. Anything that has been previously opened, or sealed back with tape, and
3. Any foods that are expired (“Sell by” and “best if used by” are okay, as long as they are reasonable to the current date)