



## Healthy Food for All

### Cooking:

Yes we do this at our pantry		Our pantry is interested
	Pantry offers cooking information (recipes, cooking basics, etc.)	
	Offers cooking demonstrations for clients	
	Offers regular cooking classes for client education (weekly, monthly, quarterly)	

### Gardening:

Yes we do this at our pantry		Our pantry is interested
	Provide gardening education materials (displays, seeds, speakers, etc.)	
	Own a pantry garden at your location	
	Provide space for gardening for clients	

### Pantry Set Up:

Yes we do this at our pantry		Our pantry is interested
	Pantry has a design that promotes healthier options (eye level produce, Myplate guidelines, health section, etc.)	
	Offer pantry tours that educate clients on Healthy Options	
	Work individually with clients to establish healthy meal options based on pantry availability	
	Accommodations for clients with food restrictions (special allergen, gluten free options, low sodium, etc.)	
	Increase accessibility to pantry (transportation, building hours, etc.)	
	Efforts to increase availability to fresh produce (storage, designated produce section, partnerships with local farms, etc.)	

### Nutrition Education:

Yes we do this at our pantry		Our pantry is interested
	Provide nutrition education materials (displays, brochures, community resources, etc.)	
	Provide nutrition education opportunities for clients (presentations, speakers)	
	Provide nutrition education series with clients for ongoing education (weekly)	
	Build partnerships to provide individualized programs (health coaching, nutritional consultations, personal training, etc.) with an emphasis in on-site counseling	
	Provide breast feeding resources	

**Employee/Volunteer:**

Yes we do this at our pantry		Our pantry is interested
	SNAP training for all pantry employees	
	SNAP training for all pantry volunteers	
	Makes use of Healthy Food Drive tool kit to solicit healthy donations to the pantry	
	Monthly nutritional trainings offered for employees and volunteers (cooking, community resources, nutrition education)	
	Secure grant funding for healthy pantry efforts	

**Physical Activity:**

Yes we do this at our pantry		Our pantry is interested
	Pantry offers physical activity information (recommendations, tips with no gym, displays, speakers, etc.)	
	Pantry staff (or outside partners) meet with clients to talk about how to incorporate more physical activity	
	Pantry offers physical activity spaces and class (walking groups, regular group fitness classes, has space for clients to use)	

**Advocacy:**

Yes we do this at our pantry		Our pantry is interested
	Establish Fuel Good pantry advocate	
	Fuel Good advocate attends at least 50% of monthly meetings	
	Cross promote healthy community activities in pantry	
	Fuel Good advocate shares monthly meeting reports with pantry administration	
	Fuel Good advocate creates subcommittee of volunteers/employees at pantry that are dedicated to healthy pantry initiative	

Percentage of purchased food meeting Fuel Good Pantry Foods to Encourage Criteria	
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