

# CFBNJ NUTRITION POLICY EXECUTIVE SUMMARY



The Community FoodBank of New Jersey's (CFBNJ) Nutrition Policy provides clear guidance about the types and nutritional quality of foods that we acquire and distribute to our neighbors through our network partners. CFBNJ's Nutrition Policy strengthens our commitment to support our neighbors' food and nutritional security as well as dietary needs related to their health and cultural considerations.

- The Nutrition Policy aligns with Healthy Eating Research Nutrition Guidelines for the Charitable Food System and the Dietary Guidelines for Americans 2020-2025.
- Food items are categorized into three tiers: Choose Often, Choose Sometimes, and Choose Rarely, based on sodium, saturated fat, and added sugar content.
- CFBNJ prioritizes nutrient-dense options like fruits, vegetables, whole grains, lean proteins, and dairy, aligning with specific nutrient guidelines for the Choose Often and Choose Sometimes tiers.
- CFBNJ deprioritizes foods high in added sugars, saturated fats, and sodium to promote community health, and optimize storage and resources.
- The Nutrition Policy emphasizes balance, moderation, and access to quality foods.
- CFBNJ commits to equity, diversity, and inclusion by considering cultural food preferences and actively engaging with communities for feedback in the procurement of culturally appropriate foods.
- CFBNJ's goal is for 95% of purchased food to fall into the Choose Often and Choose Sometimes tiers by June 2027.

## Choose Often

Low in saturated fats, sodium, and added sugars

## Choose Sometimes

Medium levels of saturated fats, sodium, and added sugars

## Choose Rarely

High levels of saturated fats, sodium, and added sugars

## Our Goal

**95%**

of purchased foods will be made up of Choose Often and Choose Sometimes foods by June 2027

This Nutrition Policy affirms CFBNJ's dedication to our neighbors to provide access to nutritious foods while recognizing health and cultural considerations. CFBNJ's Nutrition Policy has been approved by CFBNJ's Board of Directors and will be annually reviewed to ensure its continued effectiveness and relevance.