



## FOOD BANK FOR NEW YORK CITY'S DONATED FOOD AND NUTRITION POLICY

Earlier this year, Food Bank For New York City (Food Bank) released a new Food and Nutrition Policy stating sugar sweetened beverages (SSBs) and candy will no longer be accepted or distributed to our network of food pantries and soup kitchens throughout the five boroughs. Food Bank's decision to develop and adopt this policy is rooted in our commitment to client health and responsible stewardship of resources.

Food insecure households experience higher rates of diet-related health issues than non-food insecure households, including obesity, type 2 diabetes and high blood pressure<sup>1</sup>. SSBs (including drinks sweetened with non-nutritive sweeteners) and candy provide little to no nutrition and can lead to negative health outcomes. This policy seeks to ensure all of Food Bank's efforts to end hunger are in alignment with the U.S. Dietary Guidelines for Americans and recommendations from several professional health organizations, which emphasize healthy eating patterns. This includes a diet filled with fruit, vegetables, whole grains, low-fat or fat-free dairy products, lean protein, and foods low in added sugars.

Food Bank does not purchase SSBs or candy and has never distributed large amounts of these products. However, we recognize that by removing even a small amount of less nutritious products, we will create more space for healthier options that are most needed and requested by the communities we serve.

Food Bank is thankful for all of the donors who have provided nutritious products for the 1.4 million low-income New Yorkers who rely on our services. We look forward to continuing to expand upon and improve our policy together to create a healthier food environment for all.

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1. Seligman, H., Laraia, B., and Kushel, M. 2010. Food insecurity is associated with chronic disease among low-income NHANES participants. The Journal of Nutrition 140.2: 304-310 as cited in a UC Berkeley Center for Weight and Health presentation.  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2806885/>