DEVELOP A HEALTHY FOOD POLICY

A healthy food policy can help your food shelf by establishing a vision and guidelines that prioritize healthy eating among your clients. Once you complete a policy, including goals, you will to find many ways to make it come alive through the the activities and initiatives outlined in this guide.

What You Can Do Today

- Review this overview, worksheet, and timeline: Healthy Foods Policy Information (http://thefoodgroupmn.org/healthy-foods-policy/)
- Request a meeting with food shelf leadership. You may need to convince them to make health and nutrition a priority.
- Make a list of stakeholders who will have a vested interest in your policy and brainstorm ideas for engaging them.

How Extension Can Help

- Connect with Extension Educator Jamie Bain to help you draft a policy that addresses food selection and donation solicitation: jbain@umn.edu or (612) 626-8762.