



Developing a Nutrition-Based Policy for Food Pantry Donations: Using MyPlate Strategy and limiting added sugars, sodium, and saturated fat to create a recommend Donation List and Internal Inventory Catalog

By Nathalie Patino

Abstract:

The ASI Food Pantry provides food and toiletries to students who need it preventing food insecurity within the campus. During the period of 2021 - 2022, 8,657 check-ins were registered. This balance reflects that many students rely on the pantry to obtain their food, ASI Food pantry is a long-term solution providing high nutritional value products, increasing the variety of them to assure the nutritional security of the users. Having a catalog and adjusting the what to donate list helps in choosing a variety of high nutritional value products promoting healthy options for users and guaranteeing their nutritional safety.

Program Description:

The ASI Food Pantry exists to provide food and basic necessities such as non-perishables, fresh produce, and toiletries.

Target population: Sac State students with financial hardships and low food security, at no cost.

Elegibility: Be enrolled at Sac State for the current academic term
Present a valid One-card
Bring a reusable grocery bag
Fill out the User Registration form (Once per academic year).

Projects/Methods:

- **GOALS:** Increase the number of products offered in the food pantry, considering the nutritional value and their quality, having into account strategies such as my plate in the selection of the new items.
- Create an internal Inventory Catalog.
- Create a Donation List
- Other activities Sort donated goods, Visit the Sacramento Food Bank, Help moving the FP to Union Building. Suggested readings.

Action Plan

- ✓ Acknowledge what products were available in the pantry
- ✓ Evaluate the products offered in the sense of nutritional value
- ✓ Create a list with pictures of the products
- ✓ Include literature about nutrition guidelines, nutrition insecurity, and Nutrition Guidelines in a Charitable System
- ✓ Create a document to be consulted at the moment of purchasing the products
- ✓ Create a what to donate? Handout

Results/Deliverables

Catalog

| CODE | PRODUCT | FOOD BANK CODE | PRICE |
|------|-----------------|----------------|-------|
| P002 | CANNED TOMATOES | EDUCATIONAL | 1.50 |
| P003 | BEANS | EDUCATIONAL | 1.50 |
| P004 | CANNED SOUP | EDUCATIONAL | 1.50 |
| P005 | SPAGHETTI SAUCE | EDUCATIONAL | 1.50 |

| Name | Brand | Category | Price |
|--------------|---------|----------|-------|
| White Rice | Brand A | Grain | 1.00 |
| Spaghetti | Brand B | Pasta | 1.00 |
| Canned Beans | Brand C | Beans | 1.00 |

Donation List



Sort Donated goods



Conclusion

- Use the new inventory catalog as a guide to purchase suggested items.
- Update the ASI FP website including the "What to donate list"
- Organize inventory of the food pantry displaying the goods using the previously developed catalog (My plate order)
- Develop a nutrition education program focused on Myplate strategy.