



Hunger To Health Strategy



The Idaho Foodbank is an independent, donor-supported, nonprofit organization founded in 1984, and is the largest distributor of free food assistance in Idaho. From warehouses in Meridian, Lewiston and Pocatello, the Foodbank has distributed millions of pounds of food each year to Idaho families through a network of more than 400 community-based partners. The Idaho Foodbank's Hunger to Health Strategy (H2H) is focused on the well-being of individuals, along with the health of communities across our state through access to nutritious food and other resources required for good health. The Idaho Foodbank commits to collaborating and partnering with other organizations and individuals as we undertake the following initiatives:

1. Nutrition Initiative includes an emphasis on providing **healthy** food to the individuals, families and communities in need throughout our statewide network. Driven by the USDA's MyPlate recommendations, our goal is to make the healthy choice the easy choice and to create awareness around our nutrition philosophy.

Measures of success:

Reported by the measure of **healthy** food we distribute as compared to our category targets; categories based on the USDA's MyPlate nutrition guidelines.

2. Education Initiative includes the delivery and promotion of cooking and nutrition education, and the distribution of nutrition/health education materials to our statewide partner network and thousands of food recipients. Additional promotion will be done through various communication channels (social, print, news media) with a central theme of encouraging individuals to make more healthy food choices.

Measures of success:

Reported by the number of people engaged in our education activities, and the number of different educational materials provided to the partner network, through each program, and via public communication channels.

3. Healthy Communities Initiative emphasizes a social determinants of health framework within our Idaho communities. By collaborating with healthcare providers, schools, nonprofits, government, and industry leaders our intent is to provide leadership, subject-matter expertise, and/or solutions to new or existing community needs.

Measures of success:

Reported by the number and locations of engagement activities with new community assessments/projects, and the number of new and existing IFB services/programs in those communities. Reported by the total number of coalitions/work groups IFB is a part of and the impact of projects/services initiated due to coalition/work group involvement. Reported by the number of different audience groups to whom H2H presentations are given.

Nutrition Philosophy

The purpose of this Nutrition Philosophy is to strategically guide The Idaho Foodbank's partnerships, nutrition education methods, and the acquisition and distribution of food. We envision our work in these areas will contribute to improving the health of Idahoans while also alleviating hunger and food insecurity.

Our Nutrition Philosophy communicates to the people we serve, our partner network, donors, and the community-at-large that we are committed to providing healthy food and nutrition education.

The Idaho Foodbank has a history of service to the community, supplying food to help families in hard times. In recent years increasing rates of diabetes, obesity, high blood pressure, and other chronic diet-related diseases and conditions in the community have become alarming to health care providers, our health partners, and The Idaho Foodbank. It is our desire to collaborate with concerned community members to promote healthy communities across our state.

We believe that all types of food can fit into a healthy diet and we understand that every individual we serve has food preferences. Through nutrition education and the distribution of predominantly nutrient-rich foods, we strive to feed the hungry, help them make healthier food choices, and positively impact the health of Idahoans.

We want the people we serve to know that their health and preferences for more healthy foods are among our highest priorities in providing food.

Guiding Principles

- A variety of foods can fit into a balanced diet.
- We honor the individual's ability to exercise choice in food selection.
- We encourage healthy choices.
- IFB will support messaging and behavioral nudges that "Make it easy to make the healthy choice".
- When purchasing food, IFB will strive to acquire the healthiest food available.
- IFB will commit to supporting the health of the people we serve by prioritizing the distribution of the recommended USDA's MyPlate foods and nutrients such as:
 - Fruits and Vegetables
 - Whole Grains
 - Foods and Beverages low in added sugar

Donated Products

The Idaho Foodbank will:

- Communicate with donors to encourage food donations in line with USDA's MyPlate recommendations.
- Actively seek fresh produce donations.
- Accept most donations, while prioritizing healthy options first.
- Continue expanding our outreach and strive to make our state healthier by feeding hope, fighting hunger, and improving health.