

NORTH KENT connect

DISCOVER WHAT'S POSSIBLE

Healthy Food Policy

Purpose Statement

North Kent Connect believes that all residents of northern Kent County have the right to access healthy and affordable food. We are committed to developing, collaborating with, and supporting local, sustainable, just, and equitable food programs that provide fresh, whole, healthy, and affordable food to our community.

North Kent Connect Will:

- Follow the Dietary Guidelines for Healthy Americans.
- Eliminate highly-processed, high sodium, high fat, and high sugary foods from our food programs.
- Focus on providing whole food options.
- Focus on providing locally-sourced foods when possible.
- Cultivate relationships with local and statewide farmers to glean and sustain our food programs throughout all four seasons.
- Offer educational programming that supports a healthy lifestyle.
- Educate our donors on the importance of providing accessible and healthy food options to all members of the community.
- Provide a specific wish list of food items to donors.
- Provide food samples along with recipes that utilize our current food inventory.
- Connect community members to free or affordable family-friendly activities that promote health and wellness.
- Provide opportunities to connect community members with local farmers.
- Incorporate and support environmentally-safe and eco-friendly practices.
- Support community leaders who advocate for increased access to healthy food and healthy food policies.
- Support fair and equitable growing practices.

North Kent Connect's Commitment to Long-term Change

We are committed to addressing the root causes of hunger through the following actions:

- Provide a pathway to livable-wage employment or furthered education opportunities.
- Encourage asset-building opportunities.
- Address the barriers created by lack of public transportation in northern Kent County.
- Advocate for living wages.
- Advocate for affordable housing in northern Kent County.

NKC Healthy Food Donation Guide

Grains

- Whole grain bread or pasta
- Whole grain, high fiber cereal
- Hearty whole grains (be sure the first ingredient states “whole grain”) such as amaranth, barley, bulgur, buckwheat, cornmeal, millet, oatmeal, quinoa, steel cut oats, rye, teff, wheatberries, brown or wild rice
- Popcorn kernels (not microwave popcorn)

Fruits & Vegetables

- All fresh and frozen vegetables
- All frozen fruits and vegetables (low sodium, no added sugar)
- All canned vegetables (low sodium, no added sugar)
- All canned fruits (canned in 100% juice)
- Unsweetened applesauce
- 100% fruit or vegetable juice (no added sugars or sweeteners, low sodium, no added salt)
- 100% dried fruit (no sugar added)

Other

- Low sodium or unsalted broth, stock, or bouillon
- Oils (olive, coconut, canola, sesame, cooking sprays)
- Soup (low-sodium canned, dried, or frozen soup mixes)
- Condiments (fresh or dried herbs and spices, unsalted seasoning mixes, vinegars, Mrs. Dash seasoning blends and marinades, hummus)

Dairy

- Lowfat (1% or less) milk (unflavored)
- Lowfat (1% or less) powdered or boxed milk
- Lowfat (1% or less) yogurt (plain or light)
- Reduced fat (2% or less) cheese
- Milk alternatives: Soy, almond, rice, coconut (unsweetened, fortified with calcium and vitamin D)

Lean Proteins

- Lean or extra lean ground meat or poultry
- Fresh whole eggs or egg whites
- Fresh or frozen skinless chicken or turkey (breast preferred)
- Canned tuna or chicken in water
- Fish (fresh, frozen, or canned in water)
- Vegetarian options (tofu, tempeh, meat alternatives)
- Canned/dry beans or lentils (no added sodium or low sodium)
- Nuts or seeds (unsalted, no added sugar)
- Nut or seed butters (unsalted, no added sugar, no partially hydrogenated oil)

Questions? Contact Katie Hop, Marketing and Public Relations Manager at (616) 866-3478 or katie.hop@nkconnect.org.