



## ***Healthy Pantry Packet***

*Jump IN for Healthy Kids* has assembled this tool kit with tips and guides for engaging volunteers, engaging families, and making your pantry healthier. Please use these tools however they are helpful to you.

We've included a sample letter to use for engaging local businesses with volunteer opportunities, a 5-2-1-0 healthy behaviors guide, a 5-2-1-0 coloring page, a guide to hosting successful food tastings, a healthy pantry donation guide, and healthy eating tips for families.

If you'd like them e-mailed you to electronically, please contact Megan McKinney Cooper, [megan.mckinneycooper@jumpinhealth.org](mailto:megan.mckinneycooper@jumpinhealth.org).

*Jump IN* also has most of these resources on its Resource Hub at [www.jumpINforHealthyKids.org/resources](http://www.jumpINforHealthyKids.org/resources)

Date

Name of Business

Address

Dear Name,

It's a pleasure to introduce ourselves as (name), a food pantry serving low income residents in (location). We serve more than (number) people each month and are dedicated to ensuring our neighbors have access to sufficient, healthy food.

To make our work possible, we need your help! Our success depends on volunteers and I'm writing to invite you and your employees to engage with us. Our biggest need to fill regularly scheduled, consistent time slots. We can work with teams or schedule individuals who want to help – whatever works best for your staff. If you'd like to host a food drive to support our work, I've included a list of healthy foods we are especially in need of.

By joining us, you'll know you're making a real difference for members of our community. And there's a business payoff as well: engaging employees in volunteer activities can improve employee retention, boost morale, and create opportunities for team development.

Thousands of families in our communities regularly face hunger, and your company can help do something about it. I hope you're interested in volunteering with (name of pantry). Please contact (name) at (phone number or email). Thank you for your support.

Sincerely,

(name)



ALIGN ON  
COMMON GOALS  
AND OBJECTIVES



CONVENE KEY  
STAKEHOLDERS FROM  
DIVERSE SECTORS



CONNECT IDEAS,  
RESOURCES, TALENT  
AND INNOVATION



EVALUATE EFFECTIVENESS,  
SUSTAINABILITY AND  
OUTCOMES



Every Day!

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



[www.letsgo.org](http://www.letsgo.org)

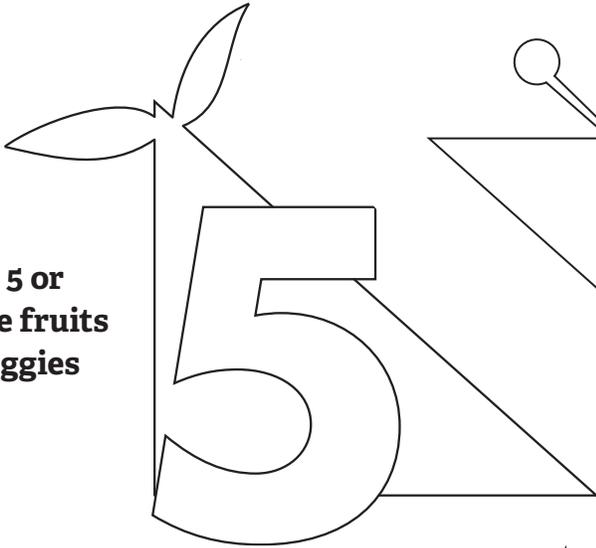
**5210**

Every Day!

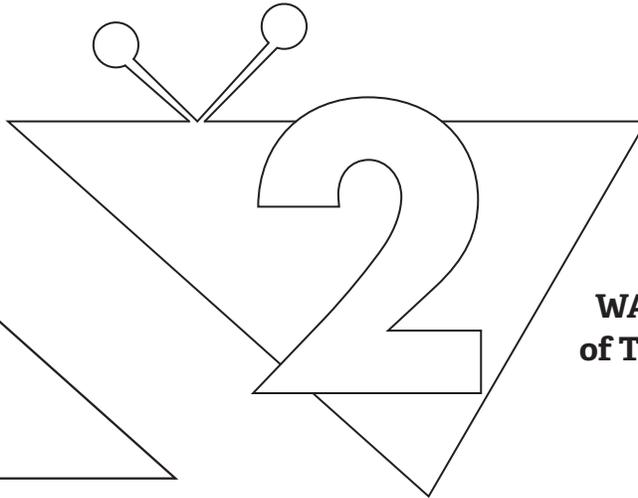
**My healthy goal is to**

\_\_\_\_\_ **every day.**

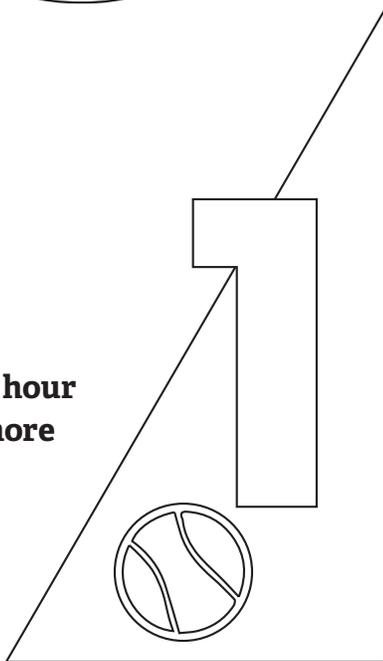
**EAT 5 or more fruits & veggies**



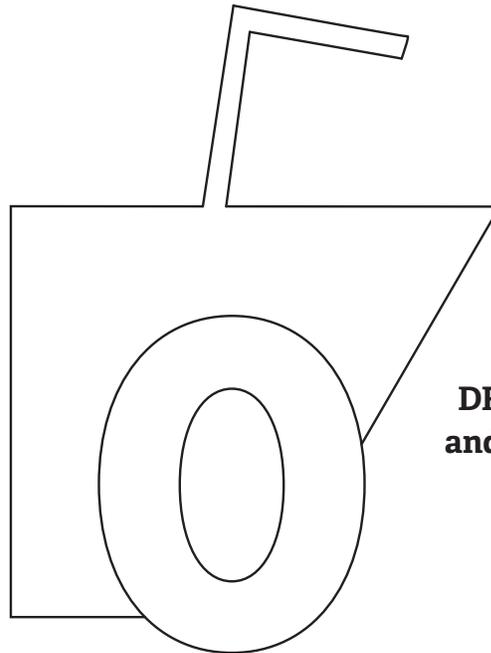
**WATCH 2 hours or less of TV and video games**



**PLAY 1 hour or more**



**DRINK 0 sodas and more water**



**Make the Leap**



**Name:** \_\_\_\_\_

**And** \_\_\_\_\_

**says he/she will help me achieve my goal.**

## Taste Testing Guidelines for Tasting Success

Offering tasting samples is a great way to introduce people to new, healthy food choices. Research has shown that people need to try new food multiple times before integrating them into their diet. Offering tasting samples allows people to have a taste without making the full commitment of bringing something home before they know whether they like it or before they know how to properly prepare it. Here are some tips to help introduce new foods to your pantry clients:

- Think about the long-term impact of your taste tests and focus on foods you can add to your regular pantry offerings.
- Tastings can be of a single food that people may not be familiar with (one pantry recently introduced its clients to jicama, for example), or can be healthy recipes made from ingredients found in the pantry.
- Include recipes to take home so that people can recreate recipes at home or incorporate new foods into their meals.
- Ask for clients' input. Is there something special that they've wanted to taste?
- Involve local partners. Invite community gardens to share their fruits and vegetables for tastings.
- Spread the word. Be sure to let your clients know when tastings are coming up and what to expect.
- Don't get discouraged if people don't take to things right away – it can take multiple exposures for people to change their habits.



For more information about making healthy choices every day, visit the Resource Hub at <http://www.jumpinforhealthykids.org/resources/>



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# What's the best non-perishable food to donate to your pantry?

Pantries can make the most of your non-perishable food donation when you consider three things: nutrition, usefulness, and quality vs. quantity.

## Nutrition

Pantries aim to provide your neighbors with the healthiest food possible. Here is an expanded list of healthy non-perishable foods you can donate.

- Canned fish, such as salmon, tuna and sardines
- Canned meats, such as chicken and turkey
- Whole grains, such as quinoa and spelt
- Rice (brown, wild)
- Steel-cut or rolled oats
- Whole grain dry cereals with at least 5 grams fiber/serving
- Whole grain pastas, such as whole wheat, brown rice flour or quinoa
- Fruits in natural juice with no sugar added
- Canned vegetables, low salt or no added salt
- Canned fruit packed in water versus syrup
- Canned or boxed low-sodium soups and stews
- Dried or canned legumes, such as peas, lentils, peanuts and beans
- Pureed foods, such as sweet potato, pumpkin and applesauce
- Low-fat dry or shelf-stable milk
- Nut butters, including peanut, almond, walnut

## Other great things to donate that can help stretch a food budget:

- Dried herbs and spices and no-salt spice blends
- Popcorn kernels
- Dried fruits (preferably no added sugar), such as prunes, mangoes, apricots and raisins
- Granola, muesli
- Shelf-stable milk alternatives such as soy, almond, rice
- Seeds, such as sesame, sunflower or pumpkin
- Healthy oils, such as olive and grape seed
- Green, white and herbal tea
- Plain, unsalted nuts such as almonds, walnuts, pistachios and pecans
- Natural sweeteners, such as honey
- 100 percent fruit juice

## Usefulness

Consider donating food with pop-top lids for someone who may have difficulty opening cans with a can opener. You can support children with their healthy food habits by donating food in kid-friendly sizes with easy-to-open packaging and no-cook food items.

## Quality vs. Quantity

We encourage you to give the best food possible, but also realize you have a budget. If you can afford to donate organic items, great. If not, that's OK, too. Every donation makes a difference. What's most important is that we all come together to help our neighbors.

# A MEAL IS A **FAMILY AFFAIR**

In such a busy world, mealtimes often revolve around our lifestyles. As a result of this, we miss meals or eat foods that are not the best for our bodies. **Did you know experts have found that kids who eat regularly with their families are more likely to eat fruits, vegetables, and whole grains?** So, no matter how busy life may seem, it's important to make family meals a priority.



### **To get started, try some of these ideas:**

- Choose a time when everyone can enjoy at least one meal together—it may be breakfast, lunch, or dinner.
- As the parent, you should decide what time meals are served and what the food choices are. Your children can then decide what and how much to eat of what's offered.
- Include your children in preparing the meal.
- Gather around the table for a meal and turn the TV and mobile devices off.
- Make the meal pleasant by keeping the conversation positive.
- Limit eating and drinking unhealthy snacks between meals.
- Role model the habits you want your children to develop.



together  
energy



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**5210** Every Day!



Access the Healthy Favorites Recipe Booklet here:  
<https://www.jumpinforhealthykids.org/userfiles/file/news/Healthy%20Favorites%20Recipe%20booklet.pdf>