



## Our Commitment to Good Food and WELLNESS

### There is a powerful connection between food and wellness:

- 22 percent of households served by the CAFB have a family member with diabetes.
- 48 percent of households served by the CAFB have a family member with high blood pressure.
- Children who are hungry are more likely to experience stomachaches, headaches, colds, ear infections and fatigue.

- *Feeding America, Hunger in America, 2014*

### The Capital Area Food Bank amplifies the connection between food and wellness:

- We encourage donations of foods that are low in salt and added sugar, such as meats and low-sodium canned vegetables, and foods that are high in fiber like whole grains and fresh fruits and vegetables.
- We track the health of our food based on its fiber, sugar, and salt content, and empower partners with information that helps them to select food that will contribute to wellness.
- One third of all the food we distribute is fresh fruits and vegetables.
- Our Urban Demonstration Garden makes the connection between fresh produce and wellness by providing space for nutrition education. Vivid, positive experiences with fresh produce serve to inspire our partners on how to start gardens at their sites.
- We distribute 85 delicious, healthy and affordable recipes created by the food bank, written in both English and Spanish.
- Our Produce Guides illustrate how to maximize food budgets and cook at home. Available in both English and Spanish, the guides provide storage advice, recommended uses, pairing suggestions and helpful tips for produce items we distribute throughout the year.

**33%**  
of our total  
distribution  
is fresh fruits  
& vegetables