



Wellness at Work

Our Framework for Change



Together we can solve hunger



The Basics

- Founded in 1980 to serve Washington, DC and surrounding suburban areas in MD and VA.
- Current statistics:
 - 130 staff at two facilities;
 - 26,000 volunteers annually;
 - 540,000 individuals receiving food and services through 444 non-profit food assistance partners and around 400 direct distributions; and
 - 46 million pounds of food distributed, 1/3 of which is fruits and vegetables.

1. Recognize health and wellness as a part of your organization's mission, vision, values, and strategic plan.

Laying the Foundation - Let's Move!

- 2012: Moved to new facility to address capacity constraints.





New Places, New (and Old) Faces

- 2013: Executive leadership transition and development of new five year strategic plan.
- Development process was highly inclusive:
 - All CAFB staff given opportunities to give feedback through drafting process;
 - Retail donors and key supporters consulted;
 - Approved by CAFB Board of Directors.

Our Roadmap: Strategic Objectives

Strengthen and fill in gaps in the safety net.

Stronger

Healthier

Contribute to health and wellness.

Smarter

Broader

Reduce food waste as we address hunger needs.

Engage the community in awareness about hunger and how to solve it.



Our Values

- 2015: Mission, vision, and values statements revised and simplified.

Vision

We envision a community in which everyone has access to sufficient nutritious food.

Mission

The mission of the Capital Area Food Bank is to create access to good, healthy food in every community.

Values

We believe that access to nutritious food is a basic human right. We are committed to responding to the needs of our community through food distribution and support services.



2. Align your operations with wellness goals, monitor progress, and make adjustments when needed.

Going all in for Inventory

- 2014: CAFB creates a wellness tracker to track the nutritional content of its inventory.

Food Type	Attribute	What is Wellness?
03- Beverages	Beverages	None are Wellness
04- Bread and Bakery	Fiber	Whole Grain First Ingredient
05- Cereal	Sugar	≤ 7 grams of sugar per serving
06- Complete Meals/Entrees/Soups	Sodium	< 450 mg of sodium per serving
07- Dairy	Sugar	All are Wellness
08- Desserts	Sugar	None are Wellness
10- Fruits	Sugar	≤15 grams of sugar per serving
11- Grains	Fiber	Whole Grain First Ingredient
14- Juices	Sugar	100% juice on label
15- Meats/Fish/Poultry	Sodium	≤ 250 mg sodium per serving
16- Mixed and Assorted Food	Mixed	Unranked
21- Pasta	Fiber	Whole Grain First Ingredient
		For beans, ≤140 mg sodium per serving. All peanut butter is Wellness Food
23- Protein- (non-meat)	Sodium	
24- Rice	Fiber	Whole Grain First Ingredient
25- Snack Foods/Cookies	Sugar	≤12 grams sugar
26- Spices/Condiments/Sauces	Sodium	≤ 150 mg sodium
27- Vegetables Canned/Frozen	Sodium	≤ 140 mg sodium per serving
28- Produce	Produce	All are Wellness

Going all in for Inventory, Cont'd



- Wellness report helps CAFB secure more nutritious food and chart progress from baseline.
- Wellness rankings influence CAFB partner behavior.

3. Solicit buy-in and support for wellness from key stakeholders and make them a part of the process.

Bring Food Donors to the Table Early & Often



- Retail donors are encouraged to give feedback on strategic plan and are continually engaged throughout transition and before any major policy shift.
- Specific feedback on non-wellness donation can produce unexpected (positive) results.
- Recognize those donors who go above and beyond.

No Surprises!



September 2016: New CAFB food acceptance policy – no longer accepting holiday candy, non-bread bakery items, and full-calorie sodas.

4. Reinforce wellness practices through resources, training, and internal and external communications.

- Nutrition education + healthy food promotion for partner agencies and participants

- Recipe Cards
- Produce Guides
- 7 Ways to Use



Green Bean Salad with Sesame Dressing Serves 4 | \$2.74
70 calories | 8g carbs | 4g fat (.5g sat fat) | 2g protein | 310mg sodium | 3g fiber per serving

Ingredients

- 3 Tbs. unsweetened apple sauce
 - 1 Tbs. reduced-sodium soy sauce
 - 1 Tbs. cider vinegar
 - 1 Tbs. Asian (dark) sesame oil
 - 1 can green beans, drained and rinsed and blotted dry with paper towel
 - 1 yellow pepper, thinly sliced
 - 1 carrot, grated
 - 2 scallions, chopped
1. In a large bowl, whisk together the apple sauce, soy sauce, vinegar, and sesame oil.
 2. Toss the green beans, yellow pepper, carrots and scallions with the dressing.

Make Half Your Plate With Fruits and Veggies

- This recipe is a great way to get the vegetables needed for a healthy diet

Spice it up

- Add 1/2 teaspoon of crushed red pepper flakes to the turkey mixture for extra spice



A member of
FEEDING AMERICA

capitalareafoodbank.org/recipes

together we can solve hunger



Carrots

Varieties: Purple, white, gold, round

Storage:

- ◊ Remove green tops from carrots.
- ◊ Store carrots in a plastic bag in the refrigerator for up to 10 days.

Preparation:

- ◊ Peel OR scrub with a cleaning pad or brush. The skin of the carrot is very nutritious.
- ◊ Trim off both ends of the carrot.

Quick Recipe: *Steamed Carrots*

- ◊ Cut 1 pound of carrots into slices.
- ◊ Add 1/2 cup water.
- ◊ Cook carrots in a skillet over medium-high heat for 10-15 minutes or until tender.

capitalareafoodbank.org/produce-guides

Nutrition Info: 1 cup sliced raw carrots = 50 calories | 12g carbs | 0g fat | 1g protein | 84mg sodium | 3g fiber



Good for you: Vegetables that are yellow, orange and red are high in vitamins that support a healthy immune system.

Ways to Use *Steamed Carrots*:

- ◊ Mash and add to muffins, pancakes or quick breads.
- ◊ Toss with a little oil or butter. Add chopped fresh rosemary and serve as a side.
- ◊ Mash and add to tomato sauce for extra nutrition.

Carrots are also great raw! You can shred and add them to salads or eat whole as a snack.

Tip: To freeze carrots for long-term storage, boil carrots for 3 minutes. Then rinse carrots in cold water, drain, air dry and put into a freezer bag or other airtight container.

Together we can solve hunger™

The Washington Post

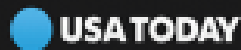
Want to donate junk food?
The region's largest food
bank will reject it.

Vox

This food bank doesn't want your junk food.
Good.



Why This Food Bank is Turning Away Junk Food



D.C. food bank taking the junk out of clients' diets

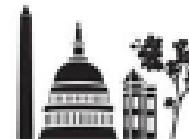
FOOD & WINE

Why One Food Bank Is Saying No to Junk Food



Our nation's top killer? The iconic
American diet

Washington **Hispanic** CAFB se deshace de
comida poco saludable



At The Capital Area Food Bank, Produce Is Paramount

dcist



The American Capital's Largest Food Bank
Says No to Junk Food