

Supporting Wellness at Pantries



What is SWAP?

- Supporting Wellness at Pantries (SWAP) is a Stoplight Nutrition Ranking System designed to help promote healthy food choices at food banks and food pantries.

What is the goal of SWAP?

- To create an easy to implement, easy to understand nutrition ranking system to categorize the food offered in a food pantry.

Why is this important?

- More than half of the families who visit food pantries have a household member with high blood pressure and one-third have a member with type II diabetes.
- These chronic diseases can often be prevented, managed, and reversed through the foods we eat.
- This system will help patrons make healthy choices, and influence the types of food donated to the pantry.

How does SWAP work?

To rank foods, SWAP uses this information from the nutrition food label:

- Saturated fat
- Sodium
- Sugar



Green = choose often; low in saturated fat, sodium and sugar; supports health

Yellow = choose sometimes; medium levels of fat, sodium and sugar; can contribute to good health

Red = choose rarely; high levels of fat, sodium or sugar; think of as treats; limited health benefits

Why only these nutrients?

- These nutrients are the most dangerous ones for chronic diseases
- These are listed as “nutrients to limit” in the United States Dietary Guidelines for 2015.





HEALTHY FOOD DONATION LIST

Supporting Wellness at Pantries (SWAP) is a system for ranking foods by nutrition to stock a food pantry with healthier food items. Please help us support the health and well-being of our clients and community by increasing the amount of healthy food you donate. Please consider giving more of the following foods:

FRUITS

Fresh fruit

Canned fruit, with less than 12g of sugar

100% fruit juice



DAIRY

Low-fat or non-fat shelf stable milk

Low-fat or non-fat yogurt



VEGETABLES

Fresh vegetables

Canned vegetables, low sodium (less than 140mg sodium) and low sugar (less than 4g of sugar)

100% vegetable juice



WHOLE GRAINS

100% whole wheat or whole grain bread, tortillas, and pasta

Brown or wild rice

1st ingredient whole-grain breakfast cereals with less than 6g of sugar



PROTEIN

Low- or no-salt added canned beans with less than 200mg of sodium

Dried beans

Canned tuna in water

Fresh Eggs



OTHER FOODS

Low- or no salt-added canned and shelf-stable soups and broths with less than 480 mg of sodium and less than 3 g of saturated fat

Spices and dried herbs

