



NUTRITION POLICY

FOR

FOOD PROCUREMENT

FOR

LAGOS FOOD BANK INITIATIVE

1.1 STATEMENT OF PURPOSE

The purpose of this nutrition policy is to guide our food bank decisions about the foods to acquire and distribute that will contribute to more healthful diets of our beneficiaries, as well as alleviating hunger and food insecurity. Our nutrition policy communicates to beneficiaries, affiliated agencies, donors, government programs and the community at large that we are committed to providing healthful foods to our beneficiaries.

1.2 POLICY RATIONALE AND BENEFITS

Lagos Food Bank has a history of service to the community since inception, supplying foods to help families in hard times. The food bank has become concerned about the increasing rates of malnutrition, diabetes, high blood pressure and other serious diet-related diseases and conditions in the community.

Our food bank has a strong commitment to providing healthful foods to our beneficiaries. We are working with donors and government programs to make this happen. We want our beneficiaries to know that their health and preferences for more healthful foods are among our highest considerations in acquiring food.

Our policy to procure and distribute foods of high nutritional quality demonstrates to the community that we take our role and responsibility seriously. This policy ensures that our organizational commitment to distributing healthful foods is a part of our institutional memory

and provides staff with a basis for clear and consistent decision making about the types of foods and beverages they should procure, encourage and prioritize in their work. The policy also serves as a tool for management and accountability on moving towards the provision of more healthful foods.

1.3 FOOD INVENTORY SOURCES COVERED BY THIS POLICY

This policy applies to all foods acquired by the food bank including:

- Foods and beverages donated by food manufacturers, distributors, retailers, organizations, producers and community members,
- Foods and beverages obtained from government programs, and
- Foods and beverages purchased by the food bank.

1.4 HEALTHFUL FOODS TO ENCOURAGE AT LAGOS FOOD BANK INITIATIVE- COVERED BY THIS POLICY

This policy is based on the National Policy for Food and Nutrition in Nigeria framework. In accordance with this nutrition policy, we aim to actively seek, procure and distribute the following foods when appropriate and possible:

a. WHOLE GRAIN AND WHOLE GRAIN-RICH FOODS – particularly:

- **100% whole grains such as rice,**

Rice: long grain and brown

Pasta: gluten free or whole grain

Cereal: low and no sugar, rolled oats and instant

- **Whole grain-rich bread, pasta and tortillas that contain whole grain as first ingredient:** (≤ 2 g saturated fat/serving, 0g of trans-fat, ≤ 230 mg of sodium/serving, ≤ 10 g total sugar/serving, > 2.5 g fiber/serving).

- **Whole grain-rich cereals that contain whole grain as first ingredient:**
(≤ 2 g saturated fat/serving, 0g of trans-fat, ≤ 230 mg of sodium/serving, ≤ 12 g total sugar/serving, > 3 g fiber/serving).

b. DAIRY FOODS:

LOW-FAT DAIRY OR DAIRY SUBSTITUTES – including:

- **Powdered and shelf-stable milk, almond milk, soy milk**

- **Milk substitutes**—Unsweetened milk substitutes (e.g., soy milk, almond milk)

- **Flavored milk or milk substitutes**

(≤ 3 g saturated fat/serving, 0g of trans-fat, ≤ 480 mg of sodium/serving, ≤ 22 g total sugar/serving)

- **Flavored yogurt: Flavored low-fat (1%) or skim/non-fat yogurt**

(≤ 3 g saturated fat/serving, 0g of trans-fat, ≤ 480 mg of sodium/serving, ≤ 30 g total sugar/serving).

- **Cheese: Reduced fat or low-fat**

(≤ 3 g saturated fat/serving, 0g of trans-fat, ≤ 480 mg of sodium/serving)

c. PROTEIN FOODS – including:

- Eggs and egg products
- Processed fish and meat products
- Beans.

d. HEALTHY FATS

- **Vegetable Oils**

Groundnut oil

Palm oil

Canola oil

Sunflower oil

Coconut oil

Olive oil

- **Nuts and butters**

Peanut butter

Almond butter.

e. PLAIN WATER