

Food Bank of Northern Nevada 2023 Partner Agency Conference

SWAPTM Supporting Wellness
At Pantries

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SWAPTM Supporting Wellness At Pantries

- Nutritional ranking system
- Designed to help promote healthy food choices
- Ranks foods based on 3 categories: saturated fat, sodium, added sugar
- Nutrients in these categories are linked to chronic diseases
- Utilizes easy to recognize traffic light system to illustrate nutritional rankings

SWAP™ Supporting Wellness At Pantries



GREEN

Choose often;
low in saturated fat,
sodium and added sugars;
supports health

.....

YELLOW

Choose sometimes;
medium levels of saturated
fat, sodium or added sugars;
can contribute to good health

.....

RED

Choose rarely;
high levels of saturated fat,
sodium or added sugars;
think of as treats;
limited health benefits

Connecticut Foodshare
**Institute for Hunger
Research & Solutions**

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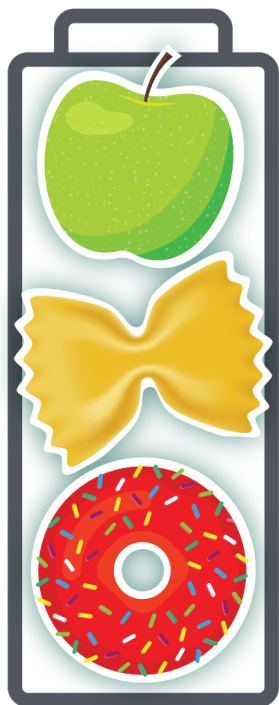
RED

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Food that is Green

- All fresh fruits and vegetables
- Whole eggs
- Whole grain bread, pasta, tortillas
- Brown rice
- Skim, 1% and 2% milk
- Plain water, coffee, tea

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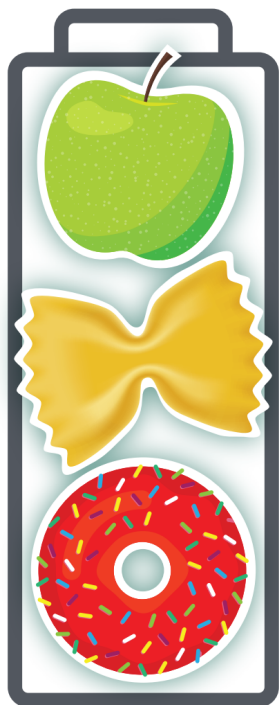
RED

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Food that is Yellow

- 100% fruit juice
- Regular “white” bread, pasta, tortillas
- White rice
- Whole milk
- Most peanut butter
- Plain dried fruit such as raisins

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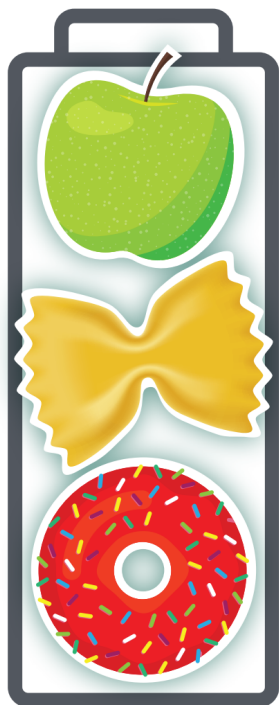
RED

Choose rarely;
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Food that is Red

- Desserts such as ice cream, cookies, cake
- Candy
- Most processed / packaged snacks
- Regular soda and juice drinks

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Food that is NOT ranked with SWAP

- Condiments like salad dressings and sauces
- Cooking Staples such as flour, sugar, oil, spices
- Baby food
- Nutrient supplements such as Ensure or protein powders

SWAP™ Supporting Wellness At Pantries



CHOOSE OFTEN
ELIJA FRECUENTEMENTE



CHOOSE SOMETIMES
ELIJA A VECES



CHOOSE RARELY
ELIJA CON POCA FRECUENCIA



DIABETES FRIENDLY
AMIGABLES PARA DIABÉTICOS



HEART HEALTHY
CORAZÓN SALUDABLE

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FOOD BANK
OF NORTHERN NEVADA

40TH
ANNIVERSARY

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	Choose Often			Choose Sometimes			Choose Rarely		
Food Category	Saturated Fat	Sodium	Added Sugars*	Saturated Fat	Sodium	Added Sugars*	Saturated Fat	Sodium	Added Sugars*
Fruits and Vegetables	≤2g	≤230mg	0g (≤12g for Total Sugars)	100% juice and plain dried fruit are yellow.			≥2.5g	≥480mg	≥12g (≥24g for Total Sugars)
				≥2.5g	231-479mg	1-11g (13-23g for Total Sugars)			
Grains	First ingredient must be whole grain AND meet following thresholds:			≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g
	≤2g	≤230mg	≤6g						
Protein	≤2g	≤230mg	≤6g	2.5-4.5g	231-479mg	7-11g	≥5g	≥480mg	≥12g
Dairy	≤3g	≤230mg	0g (≤12g for Total Sugars)	3.5-6g	231-479mg	1-11g (13-23g for Total Sugars)	≥6.5g	≥480mg	≥12g (≥24g for Total Sugars)
Non-Dairy Alternatives	≤2g	≤230mg	≤6g	≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g
Beverages	0g	0mg	0g	0g	1-140mg	1-11g	≥1g	≥141mg	≥12g
Mixed Dishes	≤3g	≤480mg	≤6g	3.5-6g	481-599mg	7-11g	≥6.5g	≥600mg	≥12g
Processed and Packaged Snacks	None			If a grain is the first ingredient, it must be a whole grain AND meet following thresholds:			≥2.5g	≥141mg	≥7g
				0-2g	0-140mg	0-6g			
Desserts	None			None			All desserts are red		
Condiments and Cooking Staples	Unranked. Examples include salad dressing, sauces (except tomato sauce), jelly, syrup, oils, flour, sugars.								
Misc. Products	Unranked. Examples include baby food, nutritional supplements, protein powders.								

FBNN current inventory

% of items ranked, within date range

57%

Green

67%

Yellow

21%

Red

12%

Why use SWAP in your pantry?

- **Neighbors want healthier options.**

According to a study conducted by Campbell and colleagues (2011), **98% of neighbors said having nutritious foods was either important or very important.** The most preferred foods were meat/poultry/fish, vegetables and fruits. Candy was the least preferred item.

- **Neighbors choose healthier options with SWAP materials visible.**

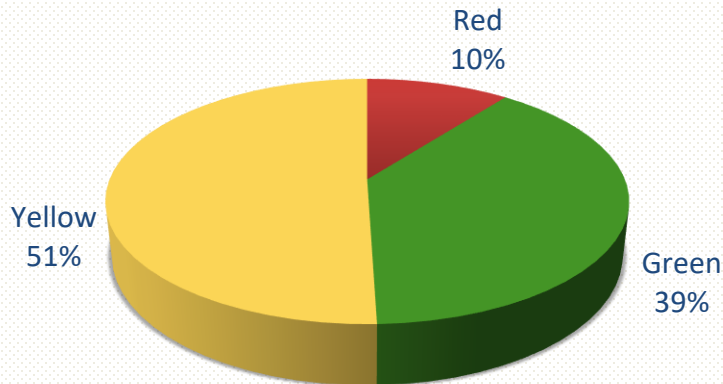
McKee and colleagues (2021) assessed client selections in a pantry that had implemented SWAP and found that while pantry inventory did not change, neighbor's choices did. **Neighbors chose “green” foods 11% more and chose “red” foods 7% less.**

Why use SWAP in your pantry?

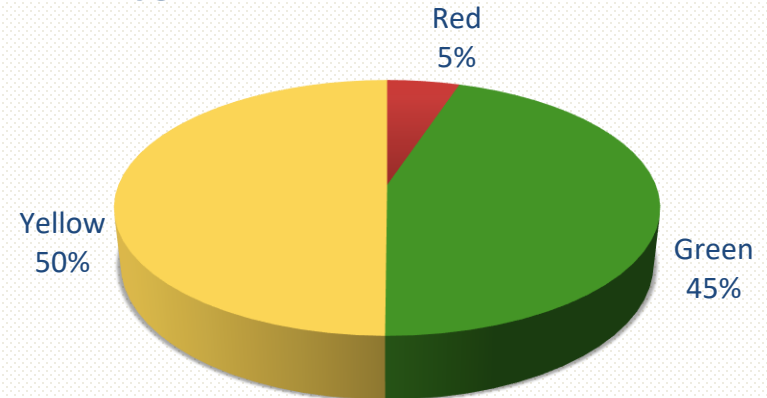
- **Pantry staff choose healthier options with visible SWAP rankings.**

A study done by Martin and colleagues (2020) of 25 pantries, showed that a visible nutrition rank (green, yellow, red) influenced the choices of **pantry staff, they ordered 6% more green foods, and 5.4% less red foods.** The study was conducted for 15 months before and 14 months after the nutrition information was visible.

Before



After



Levels of choice

No Choice

"Traditional" food pantry model
Bags/boxes are packed in advance, and everyone receives the same items

Limited Choice

Neighbors can choose between 2+ types of boxes or prepacked bags
May also be able to choose additional items for the prepacked bag or decline foods

Modified Choice

Neighbors can choose from a menu of options or tell volunteers what they want
Volunteers select and bag the food

Full Choice

Pantry feels like a mini-supermarket; neighbors touch and select their own food
If online ordering, neighbors order food as if they are shopping through a grocery store

Are you a "choice" pantry?

Why is it important to offer a choice?

- Empowering and Dignified - choice builds confidence and self esteem, instead of being handed a bag of random items, the neighbor can choose for themselves instead of staff or volunteer deciding what they can have
- Mini Market – shifting the dynamic of the charitable food system
- Decreases stigma and humiliation of going to a food pantry
- Reduces food waste
- Relationship building – volunteers/staff can instead help with relaying how many items can be taken, addressing questions, and handing out nutrition education, such as recipes
- Ordering becomes easier and more relevant
- It works better 100% of the time!

What does it mean to be a SWAP partner?

Benefits

- Provided with SWAP materials, training and support.
- Access to recipes and additional nutrition information and resources
- Receive appreciation and recognition for your efforts in nutrition education.

Requirements

- Provide neighbors with a choice pantry
- Cooperate with Nutrition Coordinator in scheduling and assessment visit once per year
- Comply with FBNN's nutrition education protocols (SWAP)
- Keep up with emails and communication, we are here to support you!

Thank you!

**The work that you do for your community
is appreciated!**