

# Lincoln Park Food Pantry

## Nutrition Policy

### CONTACT



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#### WEBSITE

<http://lincolnpark.org/186/Food-Pantry>

### PANTRY SCHEDULE

Pick-ups 3<sup>rd</sup> week of the month by appointment, may be changed at the discretion of the food pantry coordinator or the health officer.

June 2019

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As part of Lincoln Park Food Pantry's mission to serve those in our local community, we seek to promote our client's health and wellness by avoiding foods that are high in calories and have a low nutrition density. Specifically, to combat rising rates of chronic disease, we request items low in sodium, added sugar, and saturated fats. Below are foods we encourage and discourage in donations.

#### **Lincoln Park Food Pantry encourages donations of:**

- Low sodium canned vegetables and beans
- Fruit canned in juice
- 100% fruit or vegetable juice
- Whole grain pastas, cereals and breads
- Lean proteins (Tuna, salmon or chicken canned in water, skinless chicken, beans and lentils)
- Feminine hygiene products

#### **Lincoln Park Food Pantry will strictly limit the distribution of:**

- Candy
- Soda and sugar-sweetened beverages
- Energy drinks

Containers cannot be opened, dented, damaged or past expiration.