

Food 4 Health Screening and Food List



Food Insecurity Screener

(As provided by Feeding America's Diabetes Initiative)

1. This 2-item FI screen is based on Questions 1 & 2 of the U.S. Household Food Security Survey.
 - a. *"I'm going to read you two statements that people have made about their food situation. For each statement, please tell me whether the statement was often true, sometimes true, or never true for your household in the last 12 months.*
 - b. ***"We worried whether our food would run out before we got money to buy more."***
Was that often true, sometimes true, or never true for your household in the last 12 months?
 - c. ***"The food that we bought just didn't last and we didn't have money to get more."***
Was that often true, sometimes true, or never true for your household in the last 12 months?"
2. Clients answering "often true" or "sometimes true" to either or both of the questions should be referred to the Food for Health Program.

Health-Focused Box Template:

General Category	Food Type	Amount	Comments
Grains	Pasta or rice (dry)	1-2	Whole grain/brown rice, whole grain cereal, oatmeal
Protein	Dry beans Canned meat	3-4	2-3 small cans meat (chicken/tuna); canned beans as additional option
Vegetables	Canned vegetables	6	Majority with low sodium/no salt
Fruits	Canned fruits	6	Majority in 100% juice or with lite syrup; fruit juice may be substituted for cans
Bonus/Filler	Condiments/Baking	2-3	Focus on healthy snack products or those supporting a well-stocked pantry/cooking items (olive/canola oil, baking powder, spices, granola bars, popcorn, raisins)

A bag of produce is included with the box distribution.