

HEALTHY PANTRY PROJECT

The Healthy Pantry Project (HPP) aims to:

- Promote health and healthy eating by improving policies, systems, and environmental changes at food pantries.
- By increasing the availability of healthy food where food bank client's shop, this project increases the likelihood that our North Texas neighbors establish healthy eating habits.
- The healthy choice is made the easy choice!

WHAT CAN HPP LOOK LIKE AT YOUR PANTRY?

- Implementing a nutrition policy to increase the amount/variety/quality of healthy foods
- Food demonstrations at the pantry
- Nutrition education handouts
- Recipe cards
- Health promotion signage and shelf tags!

How is this project effective?

- ✓ Increased the amount of healthy foods chosen by pantry clients by **46%**
- ✓ Nudges increased the amount of healthy food items distributed by **56%** per client on average
- ✓ Increasing the availability of healthy food this project **increases the likelihood** that clients establish healthy eating habits

HEALTHY PANTRIES

Promotes healthy eating by improving policies, systems, & environmental changes (nudges) at pantries

Must fulfill the Participation Criteria of the HPP

NUDGE PANTRIES

Implements nudge strategies from Feeding America (environmental changes)

"Nudges" are one component of a healthy pantry but are not the only intervention strategy available for Feeding Texas' HPP.



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Healthy Pantry and Nudge Examples

Shelf Tags



Recipe Cards

Food Bundling



Nutritional Messaging



Increased amount, variety, and/or quality of healthy foods



Recipe Card Placement