



Common Grounds Outreach Center

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Nutrition Policy – Donated and Purchased Food

December 1, 2012

Purpose: The Common Grounds Outreach Center is committed to improving the health of the clients who receive food from the Outreach Center. This policy lays the groundwork to increase the nutritional quality of foods that Common Grounds provides to clients.

Rationale: Low income people, such as those who rely on Common Grounds for food, are at higher risk for obesity and chronic diseases such as diabetes, hypertension, and cardiovascular disease. Many low income people rely on foods which are high in calories, sugar, salt and fat because they are filling and less expensive. Rather than contributing to the problem of promoting foods of low nutrient quality, Common Grounds strives to be part of the solution in helping low income individuals consume a healthy diet.

Implementation: To the extent possible, Common Grounds will focus on procuring foods that contribute to a healthy diet and that support the Dietary Guidelines for Americans. This includes both foods donated by participating churches and foods purchased with monetary donations. Special emphasis will be focused on providing non perishable goods that are low in sodium and sugar. Grant funds will be pursued to continue the provision of fresh and frozen fruits and vegetables to clients.