

Increasing Access to Healthy Food in Your Food Pantry






SWAP
SUPPORTING • WELLNESS • AT • PANTRIES

What is SWAP?

Supporting Wellness at Pantries (SWAP) is designed to help promote healthy food choices at a food pantry. Using a stoplight nutrition ranking system, foods are ranked Green, Yellow, or Red based on the levels of **saturated fat, sodium, and added sugars**. By using SWAP, food pantry guests have the ability to see how foods are ranked and to make healthy choices that support a balanced diet. SWAP is best used in client choice pantries where guests are empowered to choose their food with dignity.

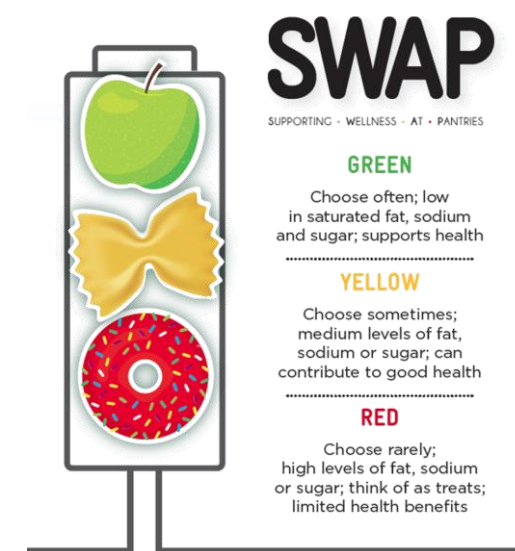
The Benefits of Using SWAP at Your Pantry

-  Provide simple messaging for pantry clients using shelf tag displays (in English and Spanish) labeling foods as Green (Choose Often), Yellow (Choose Sometimes), and Red (Choose Rarely). We all enjoy Red foods and they can be described as “treats”.
-  Promote health messaging, such as “Diabetes Friendly” and “Heart Healthy”, to help clients identify foods to manage their chronic diseases.
-  Encourage healthy food donations from the community to increase Green foods.

SWAP Print Materials Include:



Shelf tags: Used to display which foods are Green, Yellow, or Red, as well as health messages aligned with doctors’ recommendations. Available in English and Spanish.



Informational posters: Available in English and Spanish

You will also receive a packet of materials to help your staff and volunteers with ranking food including a nutrition guide, step-by-step instructions, and more!

The Great Plains Food Bank is here to offer support to help you get started with using SWAP in your food pantry. Training and materials are available to help promote the foods by color.



In partnership with:
Connecticut Foodshare
Institute for Hunger Research & Solutions

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Healthy Eating Research