



# Where Does the Food Come from?

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September 22<sup>nd</sup>, 2017

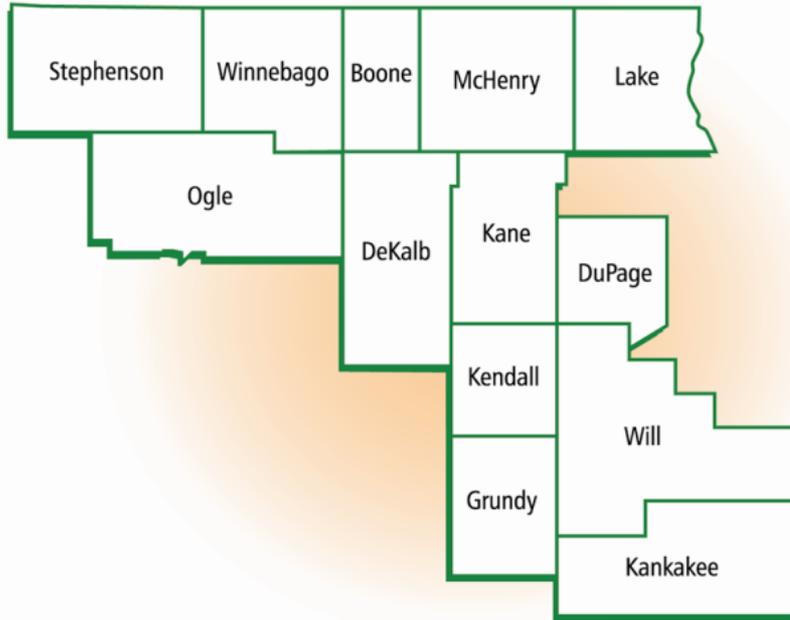


# How Northern Illinois Food Bank Works





# Who Does the Food Bank Serve?

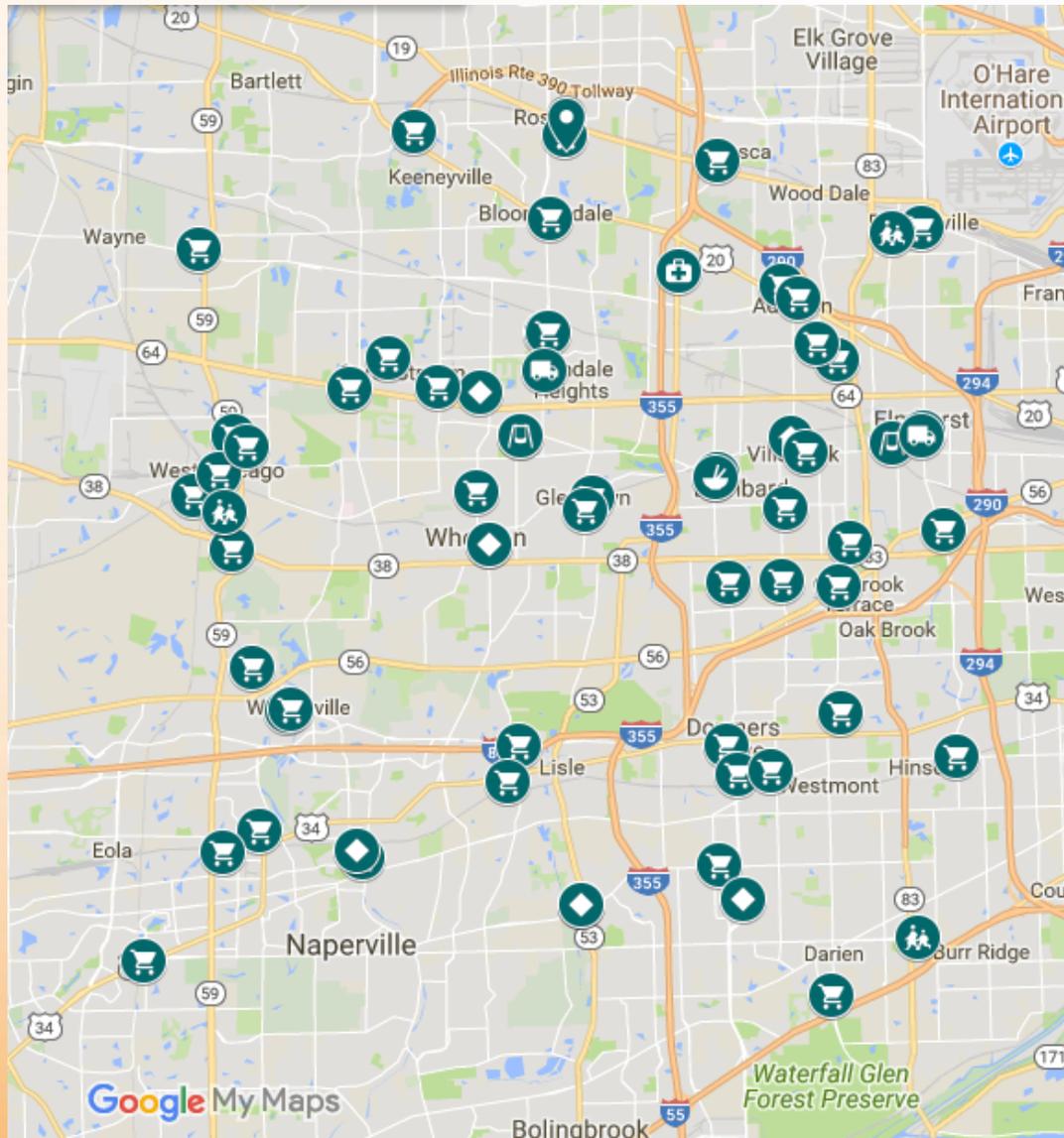


We provide more than 600,000 people across our 13 county service area in Northern Illinois nutritious meals.

One in seven people face hunger in our service area, including one in five children.

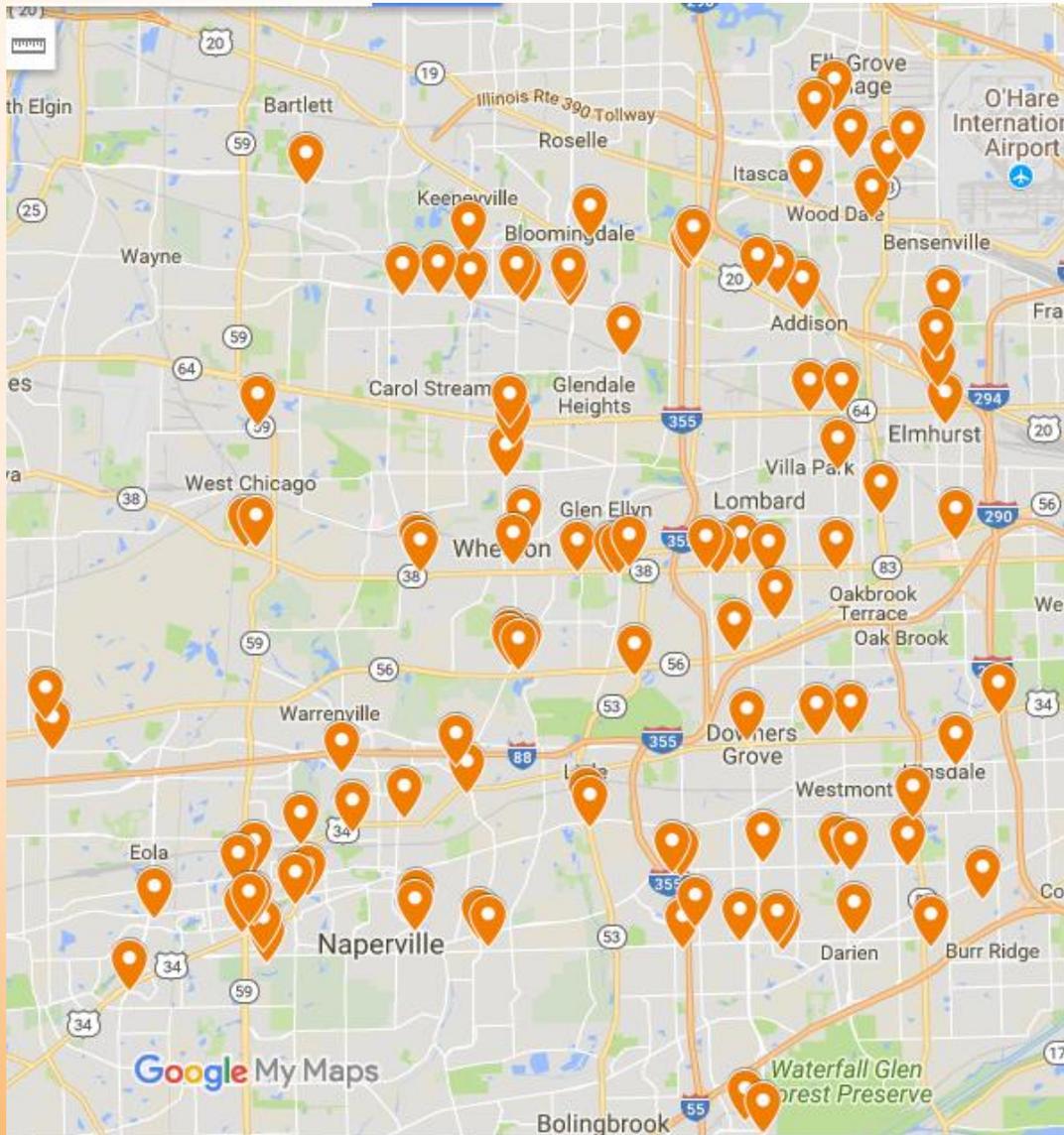


# Member Agencies of Northern Illinois Food Bank



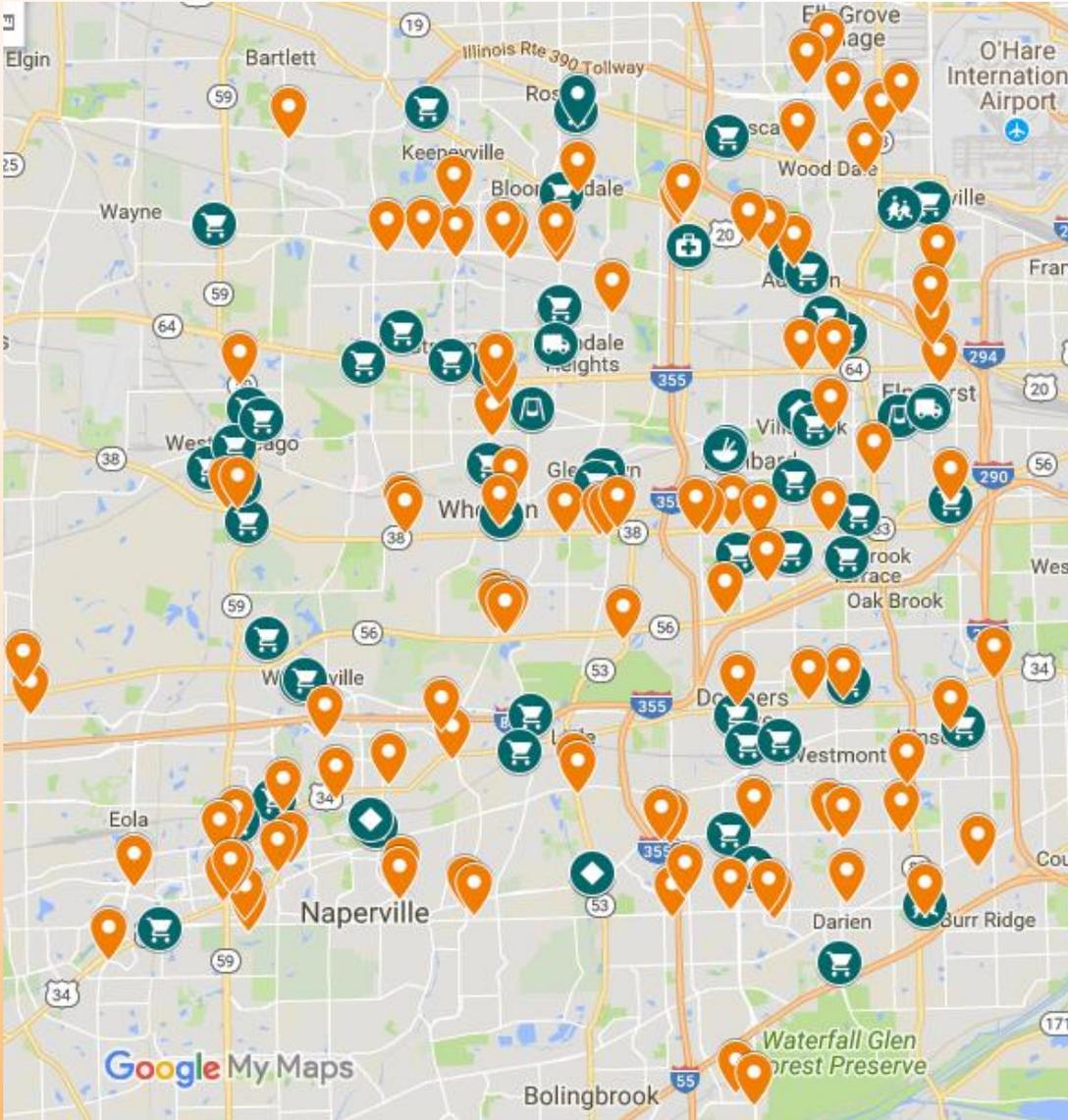
- ❖ 50 Food Pantries
- ❖ 20+ Other Feeding Sites (Soup Kitchens, residential homes, shelters, etc.)

# Retail Partners of Northern Illinois Food Bank



- ❖ Over 400 Retail Partners in 13 Counties
  - ❖ Manufactures
  - ❖ Farms
- ❖ DuPage County – 100+ Retail Partners

# Network of Food Secure System

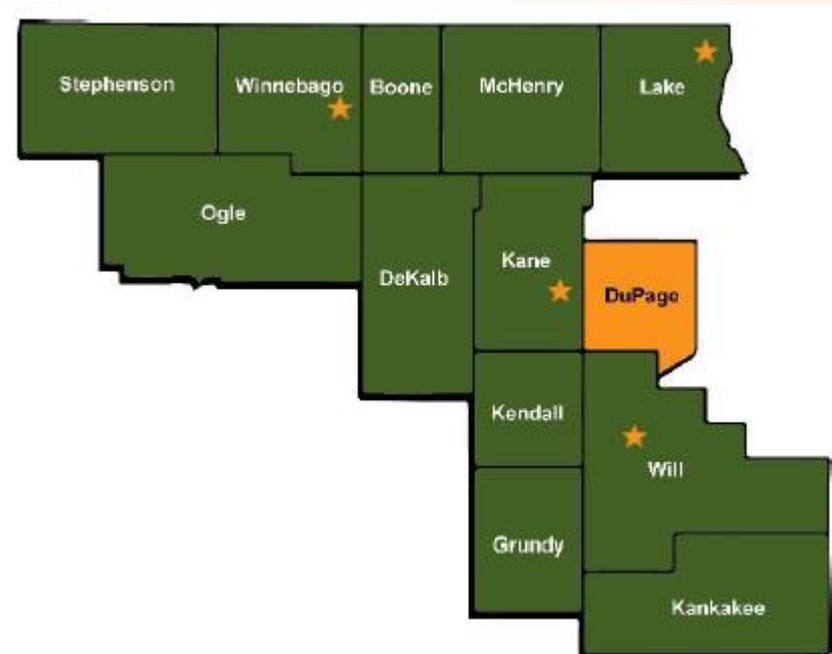


- ❖ Direct Connect
  - ❖ Weekly Pick Ups
  - ❖ January – September 16, 2017 = 6.5 million pounds
  - ❖ 5.4 million meals
- ❖ Fresh Rescue
- ❖ Milk2MyPlate

In FY17, we provided  
14,430,000 lbs *just* to  
DuPage County through  
this network.

That's **12,025,000** meals!

**\*\*213,852 of those meals  
are through SNAP!!\*\***

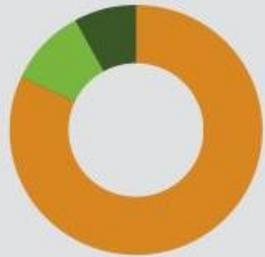




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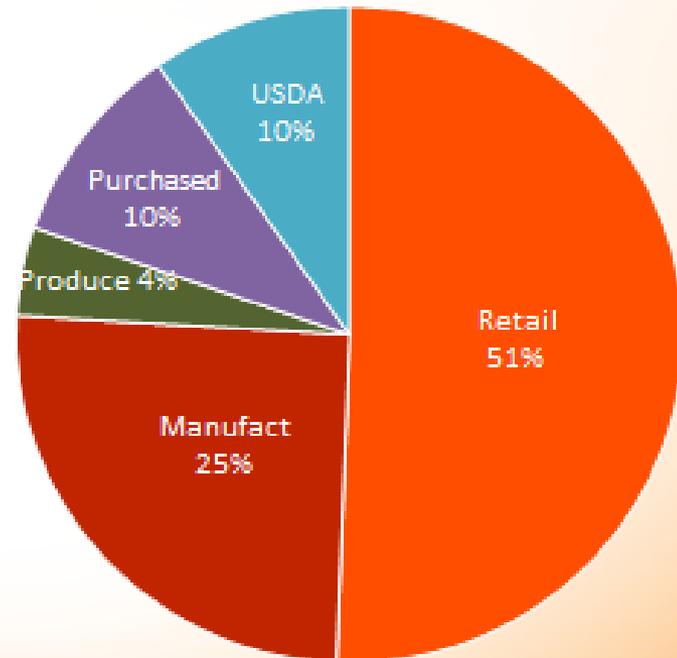
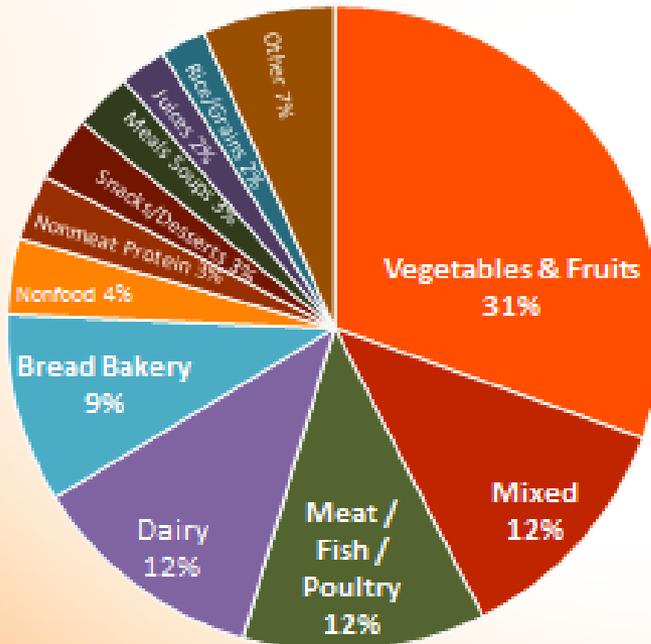
...But **WHAT** are we sourcing?

# Food Sourcing



Source of Food Received

Donated	82%
USDA	10%
Purchased	8%



Misconception: There is no cost for donated products.

- ❖ Donated Item = Free
- ❖ Value-Added Processing (VAP) Fee
  - ❖ Harvesting
  - ❖ Transportation
  - ❖ Boxing/Packaging



# Foods to Encourage (F2E)

Foods to Encourage (F2E) is Feeding America's approach to estimate the nutritional contributions of food categories in food banks' inventories.

The product categories within F2E are consistently inclusive of food items that meet the USDA 2015 Dietary Guidelines for Americans such as: fruits, vegetables, protein, dairy and whole grains.

Foods must meet all criteria below to qualify. Criteria is based on per serving basis.

- Fruits and Vegetables**
  - Fresh with nothing added
  - 100% Fruit or Vegetable Juice
  - Canned, Dried or Frozen with no partially hydrogenated oils that meet the criteria below:
    - **Sodium:** ≤230mg<sup>i</sup>
    - **Total Sugar:** Fruit in lite syrup or 100% Juice<sup>iii</sup> or ≤12g<sup>iii</sup>
    - **Sat Fat:** ≤ 2g<sup>iv</sup>
    - **Trans Fat:** 0g
- Grains**
  - 100% whole grain (Rolled Oats, Barley, Wild Rice)
  - Bread & Pasta with "whole grain" listed as the first ingredient<sup>v</sup> & with:
    - >10% DV<sup>vi</sup> or ≥2.5g fiber
  - Cereal with "whole grain" listed as the first ingredient<sup>vii</sup> & >3g of dietary fiber
  - Bread, Pasta & Cereal that meet the criteria below:
    - **Sodium:** ≤230mg
    - **Total Sugar:** Bread/Pasta ≤ 0g<sup>viii</sup>  
Cereal ≤ 12g<sup>ix</sup>
    - **Sat Fat:** ≤ 2g
    - **Trans Fat:** 0g
- Protein**
  - Eggs
  - Nuts, Seeds, Beans and Lentils with nothing added
  - Beans, Meat, Poultry and Seafood that meet criteria below:
    - **Sodium** ≤ 480mg<sup>x</sup>
    - **Sat Fat:** ≤2g<sup>xi</sup>
    - **Trans Fat:** 0g
  - Nuts/Seeds responding spreads that meet the criteria below:
    - **Sodium:** ≤230mg
    - **Total Sugar:** <4g per 2T/1oz<sup>xii</sup>
    - **Trans Fat:** 0g
- Dairy**
  - Unflavored/Unsweetened low-fat (1%), or skim/non-fat milk or yogurt
  - Flavored skim/non-fat milk or yogurt
  - Unsweetened milk substitutes (e.g. Soy)
  - Cheese that meets the criteria below:
    - **Sodium:** ≤ 480mg<sup>xiii</sup>
    - **Sat Fat:** ≤3g | **Trans Fat:** 0g
  - Flavored milk, milk substitutes, and yogurt, that meets the criteria below:
    - **Sodium:** ≤480mg<sup>xiii</sup>
    - **Total Sugar:** ≤ 22g(milk<sup>xiv</sup>) ≤ 30g(yogurt<sup>xv</sup>)
    - **Saturated Fat:** ≤ 3g
    - **Trans Fat:** 0g

To learn more, visit:

<https://hungerandhealth.feedingamerica.org/resource/foods-to-encourage-background/>



# Foods to Encourage (F2E)

<u>Description</u>	<u>UOM</u>	<u>Unit Price</u>	<u>VAP Fee</u>	<u>Pack Size</u>
F2E: APPLE JUICE; 100% Juice, May be Grant eligible in some counties	CASE	17.76	0.00	12, 46 oz plastic bottles
F2E: APPLESAUCE; Unsweetened, May be Grant eligible in some counties	CASE	13.16	0.00	24, 15 oz cans
F2E: Butterball Turkey Bacon; Sliced, Gluten Free, Low Sodium, Low Fat	CASE	22.00	20.00	9, 2 lb vacuum packed packages
F2E: Butterball Turkey Bacon; Sliced, Gluten Free, Low Sodium, Low Fat	CASE	29.70	27.00	12, 2 lb vacuum packed package
F2E: CANOLA OIL; Cholesterol Free, 0g Trans Fat, May be Grant eligible in some counties	CASE	15.58	0.00	12, 24 fl oz plastic bottles
F2E: Cereal, Multi Grain Os 10, 8.0 oz. Bags	CASE	2.00	0.20	10, 8.0 oz. Bags
F2E: Cereal, Single Serving 60 individual Cereal Boxes (types may vary)	CASE	0.90	0.00	60 individual Cereal Boxes
F2E: DICED TOMATOES; Low Sodium, May be Grant-eligible in some counties	CASE	9.97	0.00	24, 14.5 oz cans
F2E: Fresh Bagged Salads or Clams; Various Types, 6-10 bags per case, Assorted Sizes	CASE	0.00	0.00	6-10 bags per case

- ❖ F2E Items are sometimes purchased to ensure a stable source
- ❖ Grants help offset the cost
  - ❖ Ex: Feeding DuPage, Take50



# How Can You Help?



# How can nutritional products be more accessible?

- ❖ Thank YOUR local grocery store
- ❖ Support Local Food Pantries
  - ❖ Volunteer to pick up
  - ❖ Funding
  - ❖ Provide Equipment
    - ❖ Vans, Coolers/Freezers
- ❖ Support financially
  - ❖ F2E Items
  - ❖ Provide a wider variety of produce
- ❖ Create and Support Community Gardens
  - ❖ Using vacant land for community gardens
    - ❖ The Resiliency Institute  
(<http://www.theresiliencyinstitute.net/grow/growing-food-security-garden/> )
    - ❖ Incredible Edible  
(<http://incredibleediblenetwork.org.uk/incredible-beginnings>)





Feeding Our Hungry Neighbors

**THANK  
YOU**

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