

FOOD DONATIONS

Healthy or unhealthy? It's not always straightforward. Baked goods may include whole grains but still be high in sugar. Trail mix may include both nuts and candy. Use your best judgement to decide which foods your program will accept. Feel free to contact your Let's Go! Coordinator for guidance!

It's hard to say "No, thanks" to free food. Snacks and meals may be one of your program's biggest expenses, and it's always exciting when a local business offers to donate food. Some food donations are healthier than others, and accepting unhealthy food donations does not benefit your kids or your program.

To avoid receiving unhealthy food donations, provide a list of foods your program does and does not accept as donations. For example:

**Healthy Choices
Our Program Accepts**

- Fruits
- Vegetables
- Whole grain foods
- Protein sources (eggs, dairy, fish, poultry)
- Nuts
- Water

**Unhealthy Choices Our
Program Does Not Accept**

- Candy
- Cookies
- Cakes
- Chips
- Soda

If you receive an unhealthy food donation:

- **Thank the business for their generous offer** and let them know that you recognize the importance of partnering with the community to keep kids well-fed.
- **Explain that your program participates with Let's Go!, a statewide program to increase healthy eating, and has agreed to limit unhealthy choices and provide healthy meals and snacks.**
In compliance with this agreement, you are unable to serve [unhealthy food donation item] at your program.



- **Express interest in partnering in the future.** Suggest some healthy food items you would accept. Request that the business contact you next time a healthy food donation is available.