

NUTRITION POLICY

FOR

FOOD PROCUREMENT

FOR

LAGOS FOOD BANK INITIATIVE

Core Values: *Commitment *Compassion *Community *Contribution *Connection

Plot 2, Lagos Food Bank Building, Taiwo Ologun avenue, Off olu-aboderin street, Punch Estate, Mangoro, Ikeja Lagos, Nigeria.

Tel;234 129188754, 234 705681222, 70312295645

Website; www.lagosfoodbank.org Twitter: @lagosfoodbank Instagram: @lagosfoodbank

Facebook Page: LagosFoodBank



1.1 STATEMENT OF PURPOSE

The purpose of this nutrition policy is to guide our food bank decisions about the foods to acquire and distribute that will contribute to healthier diets of our beneficiaries, as well as alleviating hunger and food insecurity. Our nutrition policy communicates to beneficiaries, affiliated agencies, donors, government programs and the community at large that we are committed to providing healthy foods to our beneficiaries.

1.2 POLICY RATIONALE AND BENEFITS

Lagos Food Bank has a history of service to the community since inception, supplying foods to help families in hard times. The food bank has become concerned about the increasing rates of malnutrition, diabetes, high blood pressure and other serious diet-related diseases and conditions in the community.

Our food bank has a strong commitment to providing healthful foods to our beneficiaries. We work with corporate organizations, international organizations and charitable foundations to make this happen. We want our beneficiaries to know that one of their health and wellness are one of the factors we take into consideration when sourcing for and purchasing food.

Our policy to procure and distribute foods of high nutritional quality demonstrates to the community that we take our role and responsibility seriously. This policy ensures that our organizational commitment to distributing healthy foods is a part of our institutional memory and provides staff with a basis for clear and consistent decision making about the types of foods and beverages they should procure, encourage and prioritize in their work. The policy also serves as a tool for management and accountability on moving towards the provision of more healthy foods.

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1.3 FOOD INVENTORY SOURCES COVERED BY THIS POLICY

This policy applies to all foods acquired by the food bank including:

- Foods and beverages donated by food manufacturers, distributors, retailers, organizations, producers and community members,
- Foods and beverages obtained from government programs, and
- Foods and beverages purchased by the food bank.

1.4 HEALTHY FOODS THAT ARE DISTRIBUTED AT LAGOS FOOD BANK INITIATIVE - COVERED BY THIS POLICY

This policy is based on the National Policy for Food and Nutrition in Nigeria framework. In accordance with this nutrition policy, we aim to actively seek, procure and distribute the following foods when appropriate and possible:

A. WHOLE GRAIN AND WHOLE GRAIN-RICH FOODS – particularly:

100% whole grains such as rice,

Rice: long grain and brown

Pasta: gluten free or whole grains

Cereal: low and no sugar, rolled oats and instant

Maize

B. LEGUMES

Beans

C. ROOTS AND TUBERS

Irish potato, Sweet potato, Yam

D. DAIRY FOODS:

- Full cream, filled cream and low-fat dairy
- Powdered and liquid milk
- Milk substitutes–Unsweetened milk substitutes (e.g., soy milk, almond milk)

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- Flavored milk or milk substitutes
- Flavored yogurt
- Cheese: Reduced fat or low-fat

E. PROTEIN FOODS – including:

- Eggs and egg products
- Processed fish
- Meat products

F. HEALTHY FATS

- **Vegetable Oils**
Groundnut Oil
Palm oil
Canola oil
Sunflower oil
Coconut oil
Olive oil
- **Nuts and butters**
Peanut Butter
Almond butter.

G. FRUITS AND VEGETABLES

Banana, apple, orange, African star apple, carrot, green beans, green pepper, tangerines, grapes, watermelon, pineapple, cucumber, avocado, garden egg, mango, guava, pawpaw.

H. WATER

I. DRINKS AND FRUIT JUICES

Signed, Sealed and Updated in March 2023



By the Nutrition Team
Lagos Food Bank Initiative

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