

# NUTRITION POLICY



ALAMEDA COUNTY  
COMMUNITY  
FOOD BANK



good nutrition PAYS!

## ACCFB purchases (and encourages the donation of):

- ★ Fresh fruits and vegetables
- ★ Canned and frozen fruits (low in sugar)
- ★ Canned and frozen vegetables (low in salt)
- ★ Packaged meals and soups
- ★ Lean proteins
- ★ Nuts
- ★ Whole grains
- ★ Low fat milk (2% or less)
- ★ Water
- ★ 100% Juice (carbonated and non-carbonated)

## ACCFB does not distribute:

- ★ Soda—diet and regular
- ★ All carbonated beverages (except water and 100% juice)
- ★ Juice—anything less than 100% juice
- ★ Alcohol
- ★ Any item to mix with alcohol or that promotes alcohol
- ★ Energy drinks
- ★ Medical and vitamin supplements
- ★ Diet products that contain appetite suppressants