

For Providers:

- Say **“NO Thank-you”** to unhealthy donated food, your clients deserve quality food.
- **Use whole grains:** whole wheat, oatmeal, spelt, brown rice, sprouted grain.
- **Use cold pressed plant oils:** olive, canola, sunflower, safflower.
- Use yogurt in place of sour cream to reduce fat.
- **Avoid simple carbohydrates and sugars.**
- **Reduce sugar and salt.** Use fresh herbs for flavoring.
- **When unsure of the safety of water source use bottled water for cooking soups and stock.**
- **Wash all produce** in produce wash to remove pesticides, herbicides, mold and fungus spores, bacteria and food borne contaminants.
- **Wash all poultry**
- **Always Check Ingredients:** Do your meal supplies contain sulfites, MSG, BTA, BHT, sodium bisulfate, corn syrup, artificial coloring, preservatives or sweeteners? Have they been genetically altered? or contain growth hormones and antibiotics? **If so, toss it!**
- **When in doubt, throw it away!** Check dates, check for can damage, bulging, or rust, check for open bags.

We all deserve fresh, nutritional food that is safe and free from cross contamination, food borne illnesses, and unhealthy ingredients.

What we desire for ourselves is what we must give to those, who, for whatever reason, are unable to provide for their own nutritional needs.

It is the way that we can perpetuate health, foster a feeling of value and worthiness, and serve in an ethical and caring way those who cannot serve themselves.



Life changes for each of us when we are nourished with love.

**EAT
Real
FOOD!!!**



**Meals Partnership Coalition
SAFE FOOD
NUTRITIONAL EXCELLENCE
Campaign**

**www.mealspartnership.org
(206) 340-0410 Ext. 25**

WE ARE WHAT WE EAT!

It is the truth.

And when we have a choice to eat healthful, or not so healthful foods, at least we are making the decision for ourselves.

But for many of our most compromised citizens these choices are made by others.

They are made by **you**.

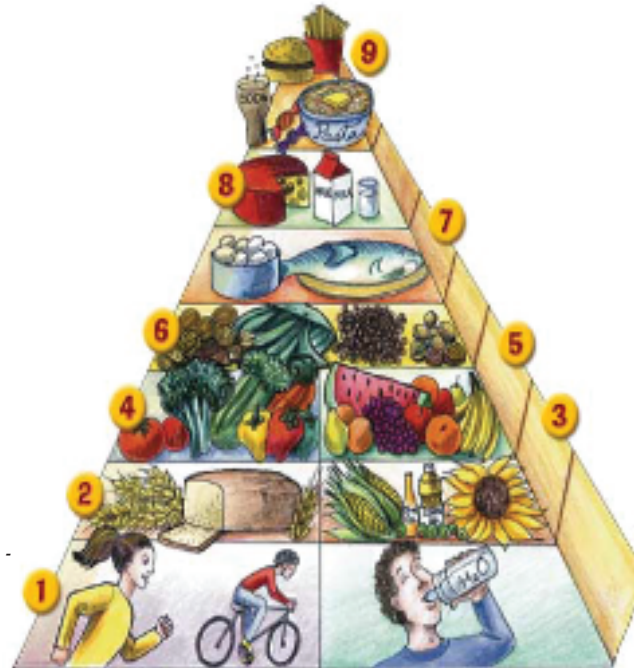
The donor and the provider.

If we are donating and/or providing sub-standard, non-nutritional food, then we have an entire population of older adults, children, mentally and physically challenged, and homeless individuals, eating food that is not beneficial to their health and well being.

What we want for our most fragile citizens is to see them thrive. We want them to be healthy and productive. We want them to be able to succeed in school, be honored as they age, and move positively forward in their life's walk.

We want them to eat nourishing life sustaining and indeed life giving foods. We can make this possible by donating foods that are safe and healthy; foods that supply essential nutrients.

Healthy Eating Pyramid



- 1. exercise & water**
- 2. whole grains**
- 3. plant oils**
- 4. fresh vegetables**
- 5. fresh fruits**
- 6. legumes and nuts**
- 7. protein**
- 8. dairy**
- 9. simple sugars**

80% of the people that receive donated food are children and older adults. They need and deserve the best our food system has to offer for nutritional excellence.



Meals Partnership Coalition setting the standard for Nutritional Meals serving compromised populations

For Donors

Thank you for donating Healthful Foods including:

- Reading labels for **real food** ingredients
- **Buying local**
- Donating fresh or frozen vegetables and fruits
- **Donating free range eggs and dairy products that are not treated with growth hormones**
- Donating items trans-fat free
- **Donating foods with low allergic responses**
- Donating fresh and frozen meats that are antibiotic and growth hormone free
- **Donating legumes and nuts**
- Donating food that has not been genetically altered

Avoid all Genetically Modified Food

Donating to a Meals Partnership Coalition member assures Safe Food-Nutritional Excellence. Call or visit our web-site for Member Organizations and information

(206) 957-3857

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www.mealspartnership.org**