DECEMBER 1 – DECEMBER 31, 2014

2846 pounds ordered from SHH 1282 pounds ordered from TFG

Assorted products not labeled by product name are not included in HEI score. This month, that includes: 330 lbs meat, 1390 lbs dry assorted.

**HEALTHY EATING INDEX (HEI)**

**FOODS TO ENCOURAGE: HIGHER SCORE - MORE PURCHASED**

- TOTAL FRUIT: 5/5
- WHOLE FRUIT: 3.5/5
- TOTAL VEGETABLES: 2/5
- GREENS AND BEANS: 7/10
- WHOLE GRAINS: 0/5
- DAIRY: 3.5/5
- TOTAL PROTEIN FOODS: 2/5
- SEAFOOD AND PLANT PROTEINS: 5/5
- FATTY ACIDS: 10/10

**FOODS TO DISCOURAGE: HIGHER SCORE - LESS PURCHASED**

- REFINED GRAINS: 0/10
- SODIUM: 2/20
- EMPTY CALORIES: 2/20

**TOTAL HEI SCORES OVER TIME**

- your score year to date
- your score last year (2013)
- average food shelf score (2013)

Get out of the red.

TIP: Broccoli, spinach, kale and other leafy greens such as arugula will increase your Greens and Beans Score.
Aiming for a perfect score?

We wouldn’t expect any food shelf to have a perfect score. There are limitations with the HEI score that are important to keep in mind as you read through your scores. First, your HEI score is provided only for food purchased from food banks. This may be a small portion of the food you acquire for your food shelf and wouldn’t represent all that is available to customers. Secondly, the HEI score is based on a complete, balanced diet. If only fruit was acquired this month, your total HEI score would be low, as fruit is only one part of a balanced diet. We also recognize there are purchasing changes due to seasonality. For this reason, we would expect these scores to look different depending on the time of year.

Why is this important?

Higher rates of obesity and diabetes are found among lower-income groups in the United States. There are a number of contributing factors for obesity and diabetes, but prevention and management of these conditions rely upon lifestyle changes such as healthy eating and physical activity. Improved food quality could ultimately lead to healthcare cost savings for struggling families.

How to read this report

Your total HEI score is a sum of all the component scores. A single food product can impact multiple scores. For example purchasing fruit canned in syrup instead of fruit juice would lower your empty calories score. A product like Hamburger Helper would contribute to both the Sodium score and Whole Grain score, if the grain product were from a whole source. However, the HEI scores for protein and fat would not be impacted, as product scores are calculated based on the unprepared product.

Foods to encourage

TOTAL FRUIT: All fruit in the whole fruit category as well as fruit juice are counted towards this score.
WHOLE FRUIT: All fruit in total fruit category except fruit juices, which are excluded from this score.
TOTAL VEGETABLES: All vegetables count towards this component score including greens and beans. Greens and beans are only counted after the maximum total protein score is met.
GREENS AND BEANS: This component provides a score for dark green vegetables, and beans and peas, also known as legumes.
WHOLE GRAINS: These contain the entire grain kernel such as oatmeal, brown rice, whole-wheat flour, and bulgur.
DAIRY: Any products made from cows or goats milk as well as soy beverages. Butter, sour cream, cream cheese and cream are excluded from this score due to their high fat content.
TOTAL PROTEIN FOODS: Meat, poultry, eggs, nuts and seeds, soy products (not including soy beverages) and seafood all count towards this component score.
Beans and peas also count toward total protein score.
SEAFOOD AND PLANT PROTEINS: All seafood, nuts and seeds, and processed soy products (not including soy beverages) are included in this component score.
FATTY ACIDS: The ratio of polyunsaturated and monounsaturated fats, such as olive oil, vegetables oil and canola oil, to saturated fats, such as those that come from animal products like deli meats and hot dogs. Polyunsaturated and monounsaturated foods increase this score while saturated fats decrease the score.

Foods to discourage

REFINED GRAINS: This component score includes processed grains such as white bread, white rice and most packaged grain products. Examples include corn chips, crackers, baked goods, pasta, tortillas, muffins, baked goods.
SODIUM: This score includes sodium that comes from any food or food product. Processed foods such as breads, canned foods, deli meats count towards this score.
EMPTY CALORIES: Calories from solid fats, such as butter and fatty meats, and added sugars, found in processed foods and fruits canned in syrup.

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Food shelves and food banks agree the healthfulness of the food they purchase is important for their clients.
Healthy F.O.O.D. Study – Contact: healthyfood@umn.edu – Website: http://z.umn.edu/healthyfood