



BNH FOOD HUBS GOOD FOOD POLICY

At BNH Food Hubs, we strive to provide a pleasing selection of fresh, healthy, local, and culturally appropriate foods for our participants in the Burnaby community. We know that community benefactors may elect to buy less expensive food options when shopping for a food bank, hoping to stretch their donation dollars so that as much food as possible is provided. While this is a noble intention, these less expensive foods are often high in salt, sugar, and saturated fats, and can contribute to unhealthy eating habits and nutrition-related medical issues over the long term. Therefore, by naming specific foods in our “Good Food Policy,” we hope to move toward these two important goals:

1. Inform and educate our donors and participants about healthy foods that are suitable for donation and distribution through our Food Hubs
2. Contribute positively toward the nutritional health of our participants by maintaining a dedicated focus on continuing to improve the healthy food selections we offer

Armed with this knowledge, we hope that our generous donors will use our Policy to help inform their choices when shopping, fundraising, or organizing food drives in our community to support their neighbors who experience barriers in setting their tables with fresh, nutritious, and delicious food each day.

Our Mission is to make neighbourhoods better places to live.

