



Partners for Wellness is an initiative to celebrate you, our food assistance partners who demonstrate a commitment to offering healthy food and nutrition education resources in the community. It is based on the foods you shop for and order from the Capital Area Food Bank.

## WELLNESS RESOURCES FOR ALL

Access to healthy food and nutrition education make a difference in community health. The Capital Area Food Bank (CAFB) makes the following available to all partners:

- Recipe cards and Produce Guides that can be ordered online and shipped directly to you
- Recipes and Produce Guides that will help clients better use the food you distribute to plan meals and avoid food waste
- Wellness Score Report that details ordering history and foods accessed from CAFB

## PARTNERS FOR WELLNESS BENEFITS

- Grants up to \$500 to shop CAFB's menu
- Capacity building through freezer and refrigerator giveaways
- Special events to highlight wellness best practices in your community

## ELIGIBILITY

- 75% of food ordered from CAFB meets out Wellness Guidelines
- Commitment to distributing 500 Recipe Cards and Produce Guides throughout the year



### Collard Green Coleslaw

154 calories | 17g carbs | 9g fat (1.5g sat fat) | 4g protein | 102mg sodium | 7g fiber per serving  
Serves 8 for \$4.55

**Ingredients**

- 1 pound collard greens, stems removed and sliced into ribbons
- 1 small onion, shredded using the large holes of a box grater
- 2 carrots shredded using the large holes of a box grater
- 2 apples shredded using the large holes of a box grater
- 5 tablespoons oil
- 2 tablespoons vinegar
- 2 teaspoons sugar
- ¼ teaspoon salt
- ¼ teaspoon pepper

Combine the collard greens, onion, carrots and apples in a large bowl.

In a small saucepan, heat the oil, vinegar, sugar, salt and pepper. Pour over the collard green mixture and combine well to coat all of the vegetables. Allow to sit 2 hours or overnight to allow the flavors to come together.





United Way #8052    CFC #30794    [capitalareafoodbank.org/recipes](http://capitalareafoodbank.org/recipes)

Together we can solve hunger™



### Greens

Varieties: Arugula, Collards, Kale, Mustards, Swiss Chard, Turnip and Radish Tops (Leaves)



**Nutrition info:** 1 cup raw chopped mustard greens = 15 calories | 5g carbs | 0g fat | 2g protein | 14mg sodium | 2g fiber

**Good For You:** Greens offer important vitamins and minerals, and are high in fiber, which decreases the risk of coronary heart disease. Greens are so low in calories that you can eat as many as you would like!

Please note that certain dark, leafy greens such as kale are high in Vitamin K and may need to be left out of your diet if you take anti-coagulants such as warfarin (Coumadin).

**Ways to Use Cooked Greens:**

- Enjoy Cooked Greens with cornbread.
- Add Cooked Greens to burritos, quesadillas, and casseroles.
- Toss Cooked Greens with pasta and tomatoes and top with parmesan cheese.

**Tip:** Small, tender greens (except for collards) can be eaten raw in salads.

[capitalareafoodbank.org/produce-guides](http://capitalareafoodbank.org/produce-guides)

Together we can solve hunger™

We are committed to making healthy food and nutrition education resources available to our partners. Our staff dietitian has defined Wellness Guidelines, detailed in your Wellness Score Report, to rank most of the food in our inventory according to one of three attributes: salt, sugar, and fiber.

CAFB strives to offer foods that are lower in salt and added sugar such as fresh produce, frozen meats, low-salt canned vegetables, and canned fruit in natural juices. We also aim to offer foods that are higher in fiber: whole grains and fresh produce.



## Our online menu will highlight foods that meet our Wellness Guidelines:

Ref	Product	Storage	Packing	*Nutrition Description	Type	Category
700876	DC TEFAP ENT Spinach	Dry	24/13.5 oz	WELLNESS	27 - vegetables Canned/Frozen	DC TEFAP
706846	Diet Lime Lime Soda	Dry	24/12 oz cans	0	03 - Beverages	Donated Products
707083	Donated Assorted Salad Dressings	Dry	asst. varieties	NR	26 - Spices/Condiments	Donated Products

## THE MEANING OF OUR NUTRITION DESCRIPTIONS

- “Wellness” meets our Wellness Guidelines based on the amount of salt, sugar, or fiber in food items
- “NR” means the product has not been ranked according to the Wellness Guideline.
- “0” indicates the food does not meet our Wellness Guidelines

At this time we are unable to rank our entire inventory due to the nature of donated food. We are working to be able to rank mixed donated foods in the future.

## BEST PLACES TO FIND WELLNESS FOOD

Where to Find It	Product Type
<b>Menu</b> Filter and search to show wellness foods!	<ul style="list-style-type: none"> <li>• Purchased</li> <li>• Donated</li> <li>• USDA TEFAP*</li> </ul>
<b>Agency Mart</b> These three options are wellness foods and always at no charge!	<ul style="list-style-type: none"> <li>• Produce</li> <li>• Dairy</li> <li>• Frozen Meats</li> </ul>

\*To find out if you qualify for TEFAP, please contact your regional team.



# HOW TO PARTICIPATE IN **PARTNERS FOR WELLNESS**



## HAVE QUESTIONS? READY TO SUBMIT YOUR APPLICATION?

### NUTRITION EDUCATION COORDINATOR:

Katherine Donnelly,  
[kdonnelly@capitalareafoodbank.org](mailto:kdonnelly@capitalareafoodbank.org)  
or 202-644-9860

### DC CONTACT:

Alexander Davis,  
[adavis@capitalareafoodbank.org](mailto:adavis@capitalareafoodbank.org)  
or 202-644-9824

### MD CONTACT:

Jeovanny Paz,  
[jpaz@capitalareafoodbank.org](mailto:jpaz@capitalareafoodbank.org)  
or 202-644-9614

### VA CONTACT:

Johnnie Dunlap,  
[jdunlap@capitalareafoodbank.org](mailto:jdunlap@capitalareafoodbank.org)  
or 571-482-4773

## 1. REVIEW YOUR WELLNESS SCORE REPORT

You will receive a personalized report via email detailing the ordering history of the past year (July 1, 2017 to June 30, 2018). The reports detail your score by food type, individual product, how many pounds of each item, and whether these items meet Wellness Guidelines. If you operate a mobile market, those pounds will be included in your report.

If the nutrition report reflects that 75% of the food you ordered and accessed through CAFB meets the wellness guideline, your program qualifies to apply for Partners for Wellness.

## 2. APPLY

The application is simple. Please fill it out and return it to CAFB in person the next you shop or email it to your regional contact.

Please note, even if you fail to meet the 75% threshold and are interested in becoming a Partner for Wellness, we will work with you to become qualified.

## 3. ORDER WELLNESS FOOD AND DISTRIBUTE RECIPE CARDS & PRODUCE GUIDES AT YOU DISTRIBUTIONS!

All Partners for Wellness commit to maintaining a 75% wellness score and distributing 500 CAFB Recipe Cards and Produce Guides throughout the year.



# PARTNERS FOR WELLNESS

## APPLICATION

ORGANIZATION NAME

ADDRESS

MAIN PHONE NUMBER

NAME

POSITION

DIRECT PHONE NUMBER

EMAIL ADDRESS

Wellness Score:

**1. Participation:** Why do you want to be a Partner for Wellness?

**2. Nutrition Education:** As a Partner for Wellness, you must commit to distributing at least 500 CAFB recipe cards and/or produce guides per year. How do you plan on incorporating these resources into your food distribution program?

**PLEASE RETURN THIS APPLICATION TO CAFB IN PERSON OR TO YOUR REGIONAL CONTACT:**

Nutrition Education Coordinator: Katherine Donnelly, [kdonnelly@capitalareafoodbank.org](mailto:kdonnelly@capitalareafoodbank.org) or 202-644-9860

DC Contact: Alexander Davis, [adavis@capitalareafoodbank.org](mailto:adavis@capitalareafoodbank.org) or 202-644-9824

MD Contact: Jeovanny Paz, [jpaz@capitalareafoodbank.org](mailto:jpaz@capitalareafoodbank.org) or 202-644-9614

VA Contact: Johnnie Dunlap, [jdunlap@capitalareafoodbank.org](mailto:jdunlap@capitalareafoodbank.org) or 571-482-4773