

# Healthy Food & Beverage Policy

To best serve our clients, LifeMoves has adopted a new **Healthy Food & Beverage Policy** in line with our partner, Second Harvest Food Bank, and the latest nutrition science.

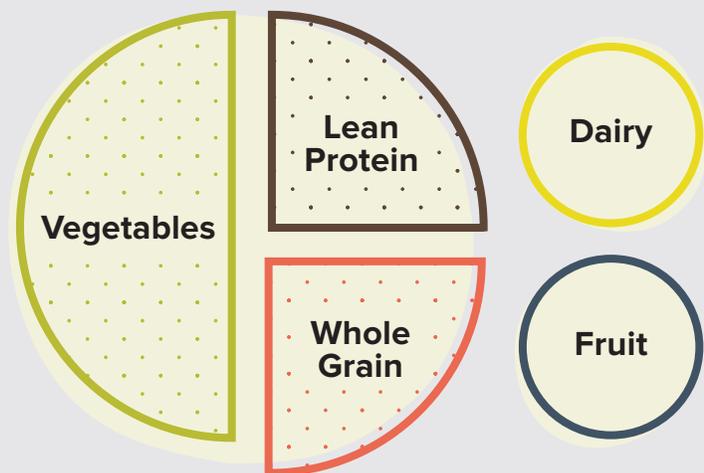
**More than half** of our clients report a member of their household has **high blood pressure**



**1 in 3** clients report that someone in their household has **diabetes**

LifeMoves is committed to **helping our clients improve their health**. Health problems can cause homelessness and a lack of stable housing makes health problems worse. Many of the chronic health conditions that our clients suffer from are associated with poor diet. We believe all clients deserve the opportunity to learn and practice healthy habits that can help re-stabilize their lives.

LifeMoves provides **balanced meals** and **wellness programs** as part of our strategy to help clients achieve self-sufficiency.





LifeMoves understands that food is medicine and strives to provide our clients with balanced meal and snack options based on the United States Dietary Guidelines for Americans.

## LifeMoves Healthy Food and Beverage Policy

- LifeMoves encourages clients to make healthy beverage choices at meals, snacks, and celebrations by offering milk, water, coffee, or unsweetened tea.
- LifeMoves **does not** regularly provide desserts with meals. We recognize the role of special foods in celebrations and offers the opportunity to enjoy foods such as cake and other sweets on birthdays and holidays.
- It is the policy of LifeMoves that we **do not accept** unscheduled individual food donations of prepared food at our locations.
- To promote the health and well-being of our clients, we **do not accept** any of the following:
  - Candy
  - Sugar-sweetened beverages, including soda, lemonade, fruit punch, sweetened juices
  - Beverages sweetened with non-nutritive sweeteners, including diet soda or diet juice
  - Juice
  - Pastries
  - Cookies

LifeMoves **does accept** packaged or fresh donations, with prior approval from site staff or the Food and Wellness Manager.

**Thank you for partnering with us to offer our clients food and beverages that supports their success!**



For questions about this policy or to discuss a potential donation, please contact [nutrition@lifemoves.org](mailto:nutrition@lifemoves.org).