

Guidance on One Can Trust's Food Procurement and Provision

The One Can Trust food bank provides weekly emergency food parcels to anyone in South Bucks who is struggling to put food on the table. The food is largely sourced from public donations. The parcels are packed according to size of the household and any dietary requirements. Contents of the parcels have been carefully planned and designed by a food nutritionist to ensure recipients can make three meals a day for a week. Parcels are reviewed from time to time to monitor their nutritional value and in more recent times, the social enterprise company, RaisingNutrition, has agreed to work more closely with One Can Trust to further improve the healthiness of food parcels. RaisingNutrition is also working with our hot meals / café provision.

One Can Trust is committed to incorporating the following elements of RaisingNutrition's charter into its routine practice:

The key nutrition standards we look for include:

- Maximising use of fresh whole foods
- Providing a plentiful variety of fruits and vegetables
- Supporting established nutritional guidelines as a minimum standard
- Minimising use of ultra-processed foods
- Managing portion sizes appropriately
- Responsible sourcing of foods and ingredients

Based on RaisingNutrition's advice, One Can Trust have pledged to the following for food parcels:

- ❖ Fresh fruit and vegetables are provided, upon request, with each food parcel. One Can is working towards the provision of '5 a day' fruit and veg – to have achieved this status by 2H23.
- ❖ To continue working closely with local allotment growers (including Grow to Give campaign) to encourage donations of surplus fruit and veg thus boosting the variety of produce that is available to our clients.
- ❖ Where possible, greener bananas are bought (which contain a high level of prebiotic resistant starches that are not broken down in the small intestine causing a rise in blood glucose levels. Instead, they are fermented in the large intestine thus promoting healthy gut bacteria).
- ❖ Wholewheat pasta and wholegrain rice are requested in donations / purchased.
- ❖ Donations of shredded wheat, oats and unsweetened whole grain cereals are requested in preference to sweetened cereals such as Coco Pops
- ❖ In an attempt to reduce sugar content of parcels, biscuits are no longer purchased if donations are running low. Biscuits that have been donated can be rationed if necessary.
- ❖ No longer purchase sugar for food parcels. If sugar is donated by the general public, the sugar will be split into 250g smaller bags rather than providing 1kg bags to all parcels regardless of size.

- ❖ Oily fish such as mackerel, sardines and salmon are requested in donations / purchased.
- ❖ Tinned mince beef and onions is requested rather than hot dogs and other highly processed tinned meats.
- ❖ Due to the high salt content and additives of processed meat, hot dogs are not purchased directly by the food bank.
- ❖ Spam and tinned ham are also not purchased directly by the food bank. They are distributed in food parcels if donated. If no tinned meat is available, extra fish is given instead.
- ❖ Tinned pies are no longer purchased. Pies are distributed in food parcels if donated. Rather than purchasing tinned pies, canned mince beef and onions are purchased instead (a healthier and more versatile option).
- ❖ Not adding peanut butter to week 1 parcels (due to children not being allowed nuts in schools) and instead adding honey as a healthy alternative to jam.
- ❖ To continue working to the highest standards possible with regards to the provision of appropriate food for clients with disclosed food intolerances. No food is pre-packed or wrapped for direct sale at One Can Trust and therefore Natasha's Law 2021 does not apply. However, One Can Trust ensures allergen information is available for all provided products (including bakery items that are not packaged and labelled).
- ❖ One Can aims to support people in eating a healthier diet as per the [The Eatwell Guide \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/101231/the_eatwell_guide.pdf). By 2H23, to have updated the One Can Trust website to reflect and highlight our position and work that we are doing to achieve this.

The following pledges have been made with regards to the Community Café:

- ❖ To collate feedback to demonstrate the positive impact cookery courses have, for example, on improving diet and nutrition.
- ❖ Sharing healthy recipes and photos from the Café on the website.
- ❖ All the food supplied through the Community Café is vegetarian. Basics from the store cupboard (beans/ tinned toms etc) are used and paired with wholefoods such as wholewheat grains and fresh fruit and vegetables. The food uses an array of spices and ingredients to make the café experience more unique however the recipes taught at the cookery courses are slightly more basic to suit all abilities, using very accessible ingredients and are all based on a typical One Can food parcel.

Training

RaisingNutrition has run 2 training sessions for all our volunteers and staff to raise awareness of healthy eating. Provision to be explored for clients also.

Accreditation

One Can is working with RaisingNutrition, with the aim of achieving RaisingNutrition accreditation in the coming year. This highly respected accreditation is restricted to caterers or food businesses who can show they are taking nutrition seriously; making proactive changes to improve nutrition standards as well as educating staff and empowering clients to help them in making and valuing healthier food choices. This initiative demonstrates our commitment to raising nutritional standards and aligns with our belief that eating well can help us to live well and stay well.

