

More food shelves make healthy living easier for people in need

May, 2014 – Bloomington, Edina, Richfield – Bloomington Public Health continues to help food shelves go beyond preventing hunger to supporting good health. In addition to the partnership with VEAP that established its teaching kitchen, the Health Division is aiding a network of area food shelves provide healthy food.*



Picture above shows food donations to the VEAP food shelf at its old location. The VEAP food shelf is one of 26 in the area that attended the workshop to increase healthy packaged food and fresh produce that is available to clients.

Food shelf users need healthy food to prevent and treat chronic disease

Good health is often not easy for people who use the food shelf when food donations are largely high in fat, sugar and salt. Healthy food is important for everyone to prevent chronic diseases. Healthy food is a necessity for people living with chronic diseases like diabetes, high blood pressure or obesity. Thankfully, finding healthy packaged food and fresh produce at the food shelf will be easier.

Workshop helped area food shelves provide healthy food their clients need

Bloomington Public Health collaborated with Minneapolis Health Department and The Emergency Food Network to develop a Healthy Food Policy workshop. The half-day workshop helped food shelves start to do the following:

- Identify and increase healthy foods
- Develop a process for making healthy foods available to clients
- Implement promising practices
- Adopt a healthy food shelf policy to guide their work

By doing this, food shelves are helping to make healthy living easier for everyone. And that will help reduce rising healthcare costs.

Over 40 people representing 26 food shelves and 8 public health departments participated in the workshop. All three food shelves in Bloomington, Edina and Richfield were involved and have committed to adopting practices and policies to increase the amount of healthy food and help their clients use the healthy food.

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