Meals on Wheels of Western Broome, Inc.
Food Procurement Policy
June 29, 2013

**Charge:** Meals on Wheels of Western Broome (MOWWB) is a private not-for-profit organization. The proposed purchasing standards set in this policy are intended to meet or exceed the 2010 Dietary Guidelines for Americans and the Broome County Department of Health Cancer Prevention Program grant 85% of the time. Where product that meets the guidelines is not available a suitable substitute will be used. This policy applies to meals prepared for clients and does not include food items provided to volunteers or any other non-client food event.

**Purpose:** The Meals on Wheels of Western Broome senior nutrition program is responding to the challenge to review and improve current menu items in order to provide healthier meals to the homebound elderly and disabled clients served.

This Food Procurement Policy is a result of assessing the nutritional needs of homebound senior and handicapped people, learning the Dietary Guidelines for Americans and updating and reinventing the current menu plan. For the purposes of the MOW program, this policy will emphasize 2 of the 3 major goals for Americans stated in the 2010 DGA:

- Consume more of certain foods such as fruits, vegetables, whole grains fat-free & low fat dairy product.
- Consume fewer food with sodium, saturated fats, trans fats, cholesterol, added sugar and refined grains.

**Policy Development** As a private not-for-profit organization we are not bound by NYS OFA senior meals program mandates for nutrition content of meals provided. However, we are responsible for providing 2/3 of daily nutritional content for most meal recipients and are under contract with Lourdes and Ideal LTHHCP to provide a nutritionally sound meal service to those extremely frail clients. In order to maintain a viable service to the community it is our responsibility to set this purchasing policy in motion to help clients maintain or improve general health, protect the reputation of the organization and maintain community support. These standards will meet or exceed standards 85% of the time. This policy will be implemented and maintained by the administration and food service department.

**Contract Process.** MOWWB is under contract to use food suppliers that are part of the MedAssets Supply Chain System. MOWWB must purchase 80% of our food product from MedAssets approved food suppliers common to our geographic area. Those responsible for following this policy will seek appropriate products using current vendors.

**Nutrient Standards**

- Artificial trans fat – standard criteria. Purchase foods that have no synthetic sources of trans fats. Purchase foods with ‘0 grams’ of trans fat.
- Sodium – standard criteria. Agencies serving population where a majority of the population is 51 years or older, all individual items should contain < 360 mg of
sodium per serving. Purchase low sodium (< 140 mg) or “reduced sodium” (25% reduced) or no added salt whenever feasible.

**Dairy**
- 2% milk
- unsalted butter – limited amount for baking and some entree items
- lower/reduced sodium cheese-sliced swiss
- lower/reduced fat cheese

**Bread, pasta and other grains and starches**
- sliced sandwich bread contains < 180 mg sodium per serving, be whole wheat or whole grain and contain < 2 g fiber per serving. (Whole wheat/grain should be listed first in ingredients). Or 100% whole grain/multigrain. Purchase brown rice, hi-fiber pasta.

**Vegetables**
- canned/frozen vegetables and beans contain <140 mg sodium per serving – or no salt added. Canned product that can be drained and rinsed will be used when ‘no salt added’ versions are not available – or will be substituted altogether.

**Fruits**
- canned in unsweetened juice or water – or frozen without sugar.

**Tuna and other fish products**
- canned and frozen contain <290 mg sodium per serving – or no added salt.

**Poultry**
- canned/frozen <290 mg sodium per serving – 90% lean ground poultry or skinless poultry –

**Beef & Pork**
- canned contain <480 mg sodium per serving. Purchase extra lean beef & pork – 90% lean ground beef – bacon at <290mg sodium cooked and drained. *(The Meals on Wheels of Western Broome emergency meal plan is in place using canned beef stew. This plan is in place to be used only in an emergency when there is a shortage in staff or the supplier cannot deliver the order needed for the regular menu and there is no alternative available.)*

**Luncheon meat**
- <480 mg sodium per serving using product that is sliced in house that is usually lower in sodium.

**Condiments and sauces**
- salad dressing <290 mg sodium per serving – minimal quantity used to be appetizing.
- sauces, including tomato, contain <480 mg sodium per serving
- low fat or reduced fat version soy sauce

**Portion Controlled/convenience foods**
- breaded chicken, veal patties, <480 mg sodium per serving – low/reduced fat options

**Soup/broth**
- <480 mg per serving – low fat