



Commitment to Nutrition

Public Statement

Everyone deserves the opportunity to live a healthy and productive life. Social factors such as race, income, gender, education, or zip code should not limit access to nutritious food or other opportunities that contribute to health and stability.

Food insecurity negatively impacts health and well-being by creating or amplifying stress and increasing the risk of chronic conditions such as high blood pressure and Type 2 Diabetes. Many families face the challenge of accessing enough food, as well as finding nutritious food that supports their health and heritage. The Atlanta Community Food Bank is uniquely positioned to address food insecurity and enhance access to healthy food options.

Talking Points (Not to be distributed to the public)

Why is this Commitment to Nutrition important?

- When families lack convenient and consistent access to healthy food, they often choose quantity over quality, i.e., inexpensive, unhealthy options vs. more expensive, healthy options. These choices can fill stomachs but may raise the risk of chronic disease and make existing conditions harder to manage.
- An effective response to food insecurity must ensure consistent access to foods that are nutrient-dense, culturally significant, and supportive of long-term health.
- Together with our partner agencies, financial supporters, and food donors, the Food Bank will help our neighbors secure the nutritious food they need to live healthier lives.

How will this Commitment to Nutrition take shape?

- The Atlanta Community Food Bank will leverage its scope and influence to improve nutrition across our service area, through three key areas:
 - **Access**
 - Utilize the Healthy Eating Research (HER) nutrition ranking system to track and improve the quality of food in our warehouse.
 - Expand efforts to source nutrient-dense and culturally significant foods.

- Equip and support our partners with the tools and knowledge to distribute nutritious foods and ensure equitable access across our service area.
- Partner with healthcare providers to turn nutrition recommendations into reality for patients.
- **Awareness**
 - Improve awareness of and responsiveness to the public health challenge of food insecurity in our education and communication efforts by sharing stories and data that highlight the link between nutrition, chronic disease, and community well-being.
- **Inclusion and Care**
 - Implement programs guided by trauma-informed practices that emphasize trust, safety, respect, and cultural understanding among our staff and partners.
 - Create an environment that supports healing and ensures dignity for our neighbors.