



SWAP
SUPPORTING • WELLNESS • AT • PANTRIES

Evidence Supporting Nutrition Ranking in the Charitable Food System

SWAP (*Supporting Wellness at Pantries*) is a suite of tools designed to promote healthy food at food banks and pantries.¹ Healthy Eating Research released *Nutrition Guidelines for the Charitable Food System in 2020*² and the SWAP nutrition standards were updated to match. Research shows that the availability of healthy food increases significantly when nutrition ranking is used – and it works at every level of the charitable food system. For more information about SWAP, click [here](#).

FOOD BANKS

When food banks rank food with SWAP, food pantries order healthier food.³



FOOD PANTRIES

Food pantry staff and volunteers like the SWAP system and say it has been easy to use.¹ When food pantries use SWAP, they stock healthier food.⁴

CLIENTS

Food pantry clients say they want healthy food in pantries⁵ and when pantries use SWAP, clients select healthier food.⁶



References

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