



First Year Summary Fact Sheet Healthier Food Options Report (HFOR) Data October 2014 - September 2015

The WSDA's Food Assistance Programs collects information from 500 food pantries and meal programs to develop an overview of statewide trends in the emergency food system. Our goals are to develop key partnerships and data-driven strategies to alleviate hunger and increase access to healthier food options in the emergency food system while supporting the agricultural community. 1 in every 6 Washingtonians used the services of their local food pantry in 2015.

"Increase the percentage of healthier food options being offered to low-income children and families through food pantries, farmers markets, and meal programs by 5% from the 2014 baseline by 2017"

The Washington State Department of Agriculture and its' partners have included a metric to improve the healthier food options being made available to individuals requiring food assistance as part of the state's data-driven improvement system, Results Washington. Our focus is on Governor Goal 4 - Healthy and Safe Communities - Fostering the health of Washingtonians from a healthy start to a safe and supported future.

Overall, Washington State food pantries are doing a great job of providing healthier food options to low-income families in need. For EFAP food pantries, last year's average distribution to clients was 83.1% healthier food options. Of this distribution, fruit and vegetables at 36.5% equaled slightly over a fourth of the available selections. In contrast, less healthy options averaged 16.9% for the first year. With the biggest percentage of this as processed foods at 9.7%.

TEFAP meal programs are also doing their part to provide services to families in need. For the year, TEFAP meals had an average of 88.3% healthy meal components. Over 50% of the plate at each meal served was comprised of fruits, vegetables, and proteins. These healthy options could be provided in perishable, canned or frozen forms. A fifth of the typical client's plate contained 11.7% less healthy options.

This is only a snapshot of the analysis completed from the first year of Healthier Food Option Reporting data. To be able to see a full breakdown of each food category, how it applies to the emergency food system in Washington State, and our future next steps. For graphs, charts, visual maps and a full-length annual report please check out our HFOR page on our website.

