



Second Quarter Fact Sheet Healthier Food Options Report (HFOR) Data January - March 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.

As we continue to collect this data quarterly, we are able to develop an individualized snapshot of each county and their particular trends in each food category. For the Healthier Food Options Report, "healthy" is defined as fruits, vegetables, dairy, proteins, grains, and water. "Less healthy" options include processed foods, sugar drinks, snack foods, desserts, canned/boxed meals, burritos, chili, etc. Washington State has continued to maintain a steady amount of healthy foods, EFAP Food Pantries offered 80.6% healthy food options and only 19.4% less healthy while TEFAP Meal Programs increased to 86.6% healthier food options and only 13.4% less healthy food options. This is a 3.3% increase in healthier food options when compared with the baseline data.

As opportunities arise to use this data and share it with our external partners, strides have also been made to expand our Farm to Food Pantry Pilot Program. This has been supported by using the healthier food options report findings. It provides verified data to expand partnership growth and development within Washington communities between farmers and food pantries statewide. This leads to increased donations, nutrition education, and the ability to distribute more local healthy food options to food pantry clients.

