



NUTRITIONAL Policy

Helpline House is committed to supporting the wellbeing of our community and believe that all of our community members should have access to healthy, nourishing and satisfying food.

Helpline House will support the health of our clients by prioritizing the distribution of the following USDA recommended foods.

- Fruits and Vegetables
- Whole Grains
- Dairy and Milk Products
- Animal and Plant Based Proteins

Helpline House will prioritize the distribution of fresh produce, whole grains, low fat and low sodium foods.

Helpline house will also prioritize distribution of household staples such as cooking oils, flours and spices.



Helpline House will encourage donations which support the above guidelines of our nutritional policy.

Helpline House will not distribute any items containing alcohol or with words implying alcohol as an ingredient, beverages sweetened with corn sugar, food items not commercially prepared or packaged or over the counter medicines.

Helpline House supports our clients in making their own nutritional choices for themselves and their households.

