



TABLE Nutrition Policy

Purpose

In an effort to provide the highest quality, nutritious food to the children we serve, TABLE will be implementing improved nutritional guidelines. These guidelines have been informed by the 2015-2020 Dietary Guidelines for Americans and TABLE has also taken into consideration the types of foods we are able to cost-effectively purchase and distribute. These guidelines will aim to standardize the nutritional content of foods we are distributing in order to ensure each child receiving food from TABLE receives the highest quality possible.

Guidelines

TABLE will implement the following limits on added sugar, sodium, and saturated fat. These guidelines will be taken into account per the suggested serving size on the product. This is the easiest and most efficient way to incorporate nutritional quality control into the processes TABLE currently has in place.

TABLE will only distribute food items containing*:

- **7g or less of added sugar per serving**
- **600mg or less of sodium per serving**
- **4g or less of saturated fat per serving**

*These guidelines are subject to change.