



NUTRITION STRATEGY

Lussier Community Education Center is committed to supporting the health and well-being of our pantry users by providing access to healthy food choices.

LCEC will:

1. Commit to supporting the health of our clients by prioritizing the distribution of recommended USDA My Plate foods and nutrients
 - Fruits and vegetables
 - Whole grains
 - A variety of protein foods
 - Foods low in sodium
2. Limit the distribution of foods with refined grains, high solid and trans fats, and added sugars
3. Seek to provide basic cooking staples to support meal preparation, including cooking oils, sugar, flour

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