



# LCEC NUTRITION STRATEGY



LUSSIER COMMUNITY EDUCATION CENTER  
building community. creating opportunities. enriching education.



# LCEC NUTRITION STRATEGY

---

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

## THE LCEC WILL:

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 in low sodium

Limit the distribution of foods with refined grains, high solid and trans fats, and added sugars

Seek to provide basic cooking staples to support meal preparation, including cooking oils, sugar, and flour



**LUSSIER COMMUNITY EDUCATION CENTER**

building community. creating opportunities. enriching education.

