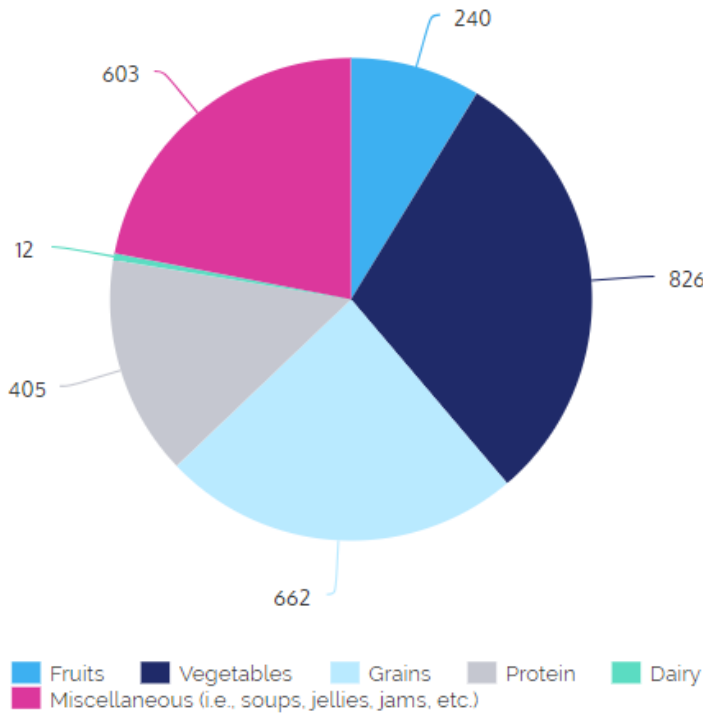


Sack Hunger Report

Southern Illinois Food Pantry Network



Food Donations

Summary of foods donated at the first three Sack Hunger games:

- Total:** 2736 food items
- Fruit:** 240 items (8.7%)
- Vegetables:** 826 items (30.2%)
- Grains:** 662 items (24%)
- Protein:** 405 items (14.8%)
- Dairy:** 12 items (0.04%)
- Miscellaneous:** 603 items (22%)

Nutritional Quality of Donations as Compared to Feeding America "Detailed Foods to Encourage" (F2E) Framework



Fruits



F2E recommendations:

- **Sodium:** $\leq 230\text{mg}$
- **Total sugar:** Fruit in lite syrup or 100% juice or $\leq 12\text{g}$
- **Sat Fat:** $\leq 2\text{g}$
- **Trans Fat:** 0g



Vegetables



F2E recommendations:

- **Sodium:** $\leq 230\text{mg}$
- **Total sugar:** 100% juice or $\leq 12\text{g}$
- **Sat Fat:** $\leq 2\text{g}$
- **Trans Fat:** 0g



Protein



F2E recommendations for beans, meat, poultry and seafood:

- **Sodium:** $\leq 480\text{mg}$
- **Sat Fat:** $\leq 2\text{g}$
- **Trans Fat:** 0g

F2E recommendations for nuts/seeds spreads:

- **Sodium:** $\leq 230\text{mg}$
- **Total sugar:** $\leq 12\text{g}$ per 2T/1oz
- **Trans Fat:** 0g



Grains



F2E recommendations:

- **Sodium:** $\leq 230\text{mg}$
- **Total sugar:** Bread/pasta $\leq 0\text{g}$
Cereal $\leq 12\text{g}$
- **Sat Fat:** $\leq 2\text{g}$
- **Trans Fat:** 0g



Dairy



F2E recommendations for unflavored/unsweetened low-fat (1%) or skim milk or yogurt; flavored skim/non-fat milk or yogurt; cheese:

- **Sodium:** $\leq 480\text{mg}$
- **Sat Fat:** $\leq 3\text{g}$
- **Trans Fat:** 0g

F2E recommendations for flavored milk, milk substitutes, and yogurt:

- **Sodium:** $< 480\text{mg}$
- **Total sugar:** $\leq 22\text{g}$ (milk) $\leq 30\text{g}$ (yogurt)
- **Sat Fat:** $\leq 3\text{g}$
- **Trans Fat:** 0g



Miscellaneous*

*There are no F2E recommendations for this category, therefore, the following indicators were used:



- **Sodium:** $\leq 480\text{mg}$
- **Total sugar:** $\leq 12\text{g}$
- **Sat Fat:** $\leq 2\text{g}$
- **Trans Fat:** 0g

Summary

Recommendations for all nutrients were met with the exception of sodium. Sodium levels exceeded recommendations for vegetables, grains, and miscellaneous. Grain donations consisted of mainly Ramen-type noodles, and the majority of miscellaneous items were soups. Both typically high in sodium.

The Sack Hunger Food Donation Study was conducted by the Jackson County Health Department, the Department of Animal Science, Food and Nutrition at Southern Illinois University, and the University of Illinois Extension in collaboration with WSIL Channel 3 and the many food pantries who participated. Many thanks to all who have assisted!