

# OUR NUTRITION PHILOSOPHY

## *Our Food- & Body- Neutrality Statement*

We believe people are not defined by their bodies. We also believe in bodily autonomy, meaning each person has the right to determine how they feel about their bodies and what they do with them, including what they do or don't eat.

We strive to respect and serve people's bodies as they are, without placing the expectation of body change onto our neighbors.

We believe that food has no inherent moral value, and that food choice does not determine a person's value. We avoid classifying foods as:

- “good” or “bad”
- “healthy” or “unhealthy”
- “clean” or “dirty” (when it relates to organic vs. conventional, processed vs. natural, etc. rather than the state of being covered with dirt, bacteria, etc. to the point of being deemed unsafe to eat)
- “superfood” or “junk”
- “go, slow, whoa” (as part of a traffic light system),

We believe this terminology stigmatizes and shames populations without acknowledging personal preference or the [Social Determinants of Health](#) — the non-medical factors that influence health outcomes, such as circumstance and policy. We acknowledge these factors impact food access, and often prevent personal choice all together.

Our philosophy is subject to change as we grow & learn about the lived experiences of the people we serve. We will adjust as necessary to ensure our neighbors are able to access nourishing foods, and that they are treated with both dignity and respect.

Second Harvest Programs (i.e. Nutrition Access Program (Good EaTN Cooking Club, Kitchen Stork Program), Youth & Senior Programs (Food For Kids, Senior Outreach, School Pantry), Mobile Pantry, and Empowerment Services) have adopted this philosophy.

This document has been inspired by FoodShare's statement on [body liberation & fat acceptance](#).

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