

POLICY

The Poverello Center, Inc. values client choice in selecting from our nutritionist curated healthy foods while remaining cognizant of cost.

PROCEDURE

I. Each program participant in our serious illness programming may select one unit of food distribution. The Unit of Distribution contains 37 items from the Eat Well Center corresponding to MyPlate, MyChoice recommendations for healthy foods selections.

1. **Fresh Fruit:** Throughout each year, we offer a variety of Fresh Fruits (up to 76 different varieties of fresh fruits, vegetables and herbs) Each unit contains the program participant's choice of 7 Fresh Fruits.
2. **Fresh Vegetables:** Throughout each year, we offer a variety of Fresh Vegetables (up to 76 different varieties of fresh fruits, vegetables and herbs). Each unit contains the program participant's choice of 14 Fresh Vegetables.
3. **Groceries:** Throughout the year we offer a stable selection of about 112 grocery items from which our program participants may choose. Each unit contains the program participant's choice of 16 Additional Items that are shelf stable, frozen or refrigerated.

II. Depending upon the program participant's choices, meals produced from selected groceries varies from 14 to 42 meals per unit of distributed groceries, fresh fruits and vegetables.

Approvals:

Signature: Alden Bergeron, RDN Date: 06/04/2019

Alden Bergeron, RDN, LD/N

Signature: Thomas S. Pietrogallo Date: 6/3/19

Thomas S. Pietrogallo, MSW/LCSW, MBA

Chief Executive Officer

BOD Approved Date: Pending

Date Established: 06.03.2019

Date Reviewed/Revised: N/A