

Our Overall Nutrition Commitments

In line with our mission, we commit to increasing the distribution of foods low in saturated fat, sodium, and added sugars to enhance the nutritional value of our offerings. These increases will be implemented and met by the end of 2024. To determine the increases for each food category beyond 2024, New Day Ministry will adjust the target distribution accordingly each year based on the previous year's distribution.

- **Fruits and Vegetables:** Increase "Choose Often" by 43.18%, with a target of 962.3 pounds.
- **Grains:** Increase "Choose Often" by 500%, with a target of 12 pounds.
- **Dairy:** Increase "Choose Often" by 10-20%, with a target of 25-30 pounds.
- **Beverages:** we will only serve water with our weekly meals and we will increase "Choose Often" beverages by 1-3 choices in our food pantry.
- **Mixed Dishes:** Increase "Choose Often" by 156.58%, with a target of 40 lbs.

We also strive to distribute items that are reduced sodium, lower fat, and higher fiber to meet the cultural and dietary needs and preferences of those living with chronic illness and preventable, diet-related diseases.

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Why Nutritious Food Matters

- Nutritious food is essential for overall health, providing vital nutrients for physical, mental, and emotional well-being.
- Access to wholesome meals supports proper growth, boosts immune systems, and helps prevent chronic diseases.



Produce Donation

Join us in our mission to fight food insecurity and make a positive impact in our community.

We accept produce donations from local farmers, community members, and businesses.

Your donation will make a meaningful difference in the lives of those facing food insecurity.

To donate
Contact David Stewart at 360-373-0184
newdayministrywa@gmail.com.



Nutrition Guidance for Food Donations

Our Commitment

New Day Ministry is a 501c3 nonprofit dedicated to fighting hunger in Kitsap County by emphasizing the vital role of food and nutrition in transforming lives. To support this mission, we have developed this list to guide your donation choices. We are firm in our commitment to promoting the health of our clients by:

- Providing access to nutritious meals through our dinners and children lunches.
- Ensuring availability of wholesome food through our food pantry.

Green: Donate Often

Fruits and Vegetables

Low sodium, no sugar added, packed in water or juice

- Frozen or fresh fruits and vegetables
- Canned vegetables (green beans, peas, corn)
- Canned fruit (any variety)

Proteins

Low sodium, packed in water

- Frozen meat (all kinds) - lean or low-fat
- Canned chicken
- Canned tuna

Grains

Whole grain when available

- Rice
- Whole grain pasta
- Oats
- Breakfast cereals (whole grain, low sugar)

Cooking Essentials

- Vegetable-based oils
- Spices (salt, pepper, ginger, garlic, etc.)

Healthy Snacks

- High fiber granola bars (KIND)
- Nuts (low/no salt)
- Instant oatmeal (low sugar)
- Protein bars (KIND ZERO)
- Raisins (no sugar added)



Green: Donate Often

Beverages

0 grams' of added sugars on the nutrition facts panel

- Water
- Coffee - instant or ground (**HIGH NEED ITEM**)
- Shelf-stable milk (low-fat)
- Tea
- 100% fruit juice (no sugar added)

Baking Supplies

- Flour
- Baking powder
- Honey
- Sugar or sugar substitute
- Vanilla extract

Household and Hygiene Items

- Menstrual pads and tampons
- Household cleaning items
- Deodorant
- Toilet paper
- Shampoo, Conditioner, Body Soap
- Toothbrushes
- Toothpaste
- Laundry detergent



Red: Do Not Donate

While we greatly appreciate the generosity of our supporters, we must also prioritize the health and well-being of our clients. Therefore, we discourage donations of highly processed, high sodium, or sugary foods, as well as items that are past their use-by or best-by dates.

Highly processed foods

- Cookies
- Candy
- Chips
- Instant Ramen

Beverages

- Soda, regular or diet
- Energy drinks
- Sugar-sweetened juice
- Coffee & tea beverages with added sugar

Canned Items

- Canned fruit in heavy syrup
- High sodium canned vegetables
- Soups and stews high in sodium, saturated fats

