

CoHo Meal Plan Recommended Food Guidelines

**These guidelines apply to the pantry,
Diamond (Sunday), Heart, and Spade (Special Event)
meals.**

For Wild Card and Club Meals food choices would be made by the Meal Crews.

Guidelines for Foods to BUY

- **Organic** (especially items on the Dirty Dozen list—based on testing by the Environmental Working Group, these are the top 12 fruits/vegetables with heaviest pesticide concentrations: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, lettuce, grapes/imported, pears, spinach and potatoes; <http://www.ewg.org/>)
- **Transitional** (farms go through a 3-year “transitional” phase when becoming certified organic)
- **Local** (6-county area)
- **Direct** from the Farmer
- **Sustainable** (<http://www.foodalliance.org/> for info on certification)
- **Humanely raised and harvested** animal products (free-range eggs, dairy
without rBGH, etc.)
- **In season**
- **Whole food** (“Whole foods are those that are unprocessed and unrefined, or processed and refined as little as possible before being consumed. They typically do not contain added sugar, salt, fat, or chemicals.”)
- No spray, no pesticide
- No GMOs (genetically modified organisms)

Guidelines for Foods to AVOID

- Partially hydrogenated vegetable oil; trans fats
- Highly processed food
- Artificial sweeteners, flavorings, colors
- High fructose corn syrup
- Dairy products with rBGH

- MSG
- GMOs (genetically modified organisms)

Guidelines for Food Sources

- CoHo Garden
- Local farmers/gardeners (large and small; includes u-pick)
- Farmers Markets
- Coop (to support local stores)
- Other stores as needed

Rev. 10-