

Nutrition & Growing Consumption

Quick Facts

- Eight out of ten healthcare dollars are spent on preventable chronic diseases.
- 9 out of 10 Americans do not meet the Dietary Guidelines recommendations for fruit and vegetable consumption.
- Current WIC benefit amounts provide enough fruits and vegetables for participants to meet Dietary Guidelines for Americans' recommendations.
- The Fresh Fruit and Vegetable Program has been shown to decrease obesity rates and reduce plate waste.
- SNAP participants consistently cite affordability issues as a barrier to eating healthier foods like fruits and vegetables.

Background

The Dietary Guidelines for Americans (DGA) establish a strong federal framework for nutrition targets, particularly the call to make fruits and vegetables “half the plate.” Yet, Americans as a whole fall short of this target, and many government nutrition programs do not deliver the resources Americans need to follow the DGA. Reversing the nation’s diet-related diseases demands a systemic approach targeted at increasing Americans’ consumption of fruits and vegetables.

2024 Nutrition Priorities

In the Farm Bill

- Expand the Fresh Fruit and Vegetable Program (FFVP) to more low-income elementary schools and keep the program open to only fresh commodities.
- Modernize USDA procurement programs to include more, and a wider variety, of fresh produce while eliminating lowest-cost bid solicitations.
- Make dietary quality a core goal of SNAP while exploring a stand-alone fruit and vegetable benefit for SNAP families and expanding the Gus Schumacher Nutrition Incentive (GusNIP) program.
- Maintain 10% of GusNIP funding for Produce Prescription projects and support state-wide expansion option.

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

- Support implementation of the updated WIC Food Package USDA released earlier this year.

