



SWAP in Agency Express

What is SWAP?

Supporting Wellness at Pantries (SWAP) is a traffic light nutrition ranking system designed to help promote healthy food choices at food banks and food pantries. SWAP ranks food based on levels of **saturated fat, sodium, and sugars** because these nutrients are linked with increased risk of chronic diseases. SWAP is a program of the Connecticut Foodshare Institute for Hunger Research & Solutions.

Why are we using the SWAP traffic light system?

As a food bank, we recognize the strong connection between hunger and health. We know that many food pantry guests face the double burden of food insecurity and chronic diseases. We use SWAP to rank our inventory as Green (choose often), Yellow (choose sometimes) and Red (choose rarely). These rankings are displayed in Agency Express to support agencies in ordering foods that will support their guests' health and reduce the time spent ranking foods for agencies that are also using SWAP at their program.

What do these rankings mean?

Food that is Green:

- Choose Often
- Low in saturated fat, sodium, and sugar
- Supports health

Food that is Yellow:

- Choose Sometimes
- Medium levels of saturated fat, sodium, or sugar
- Can contribute to good health

Food that is Red:

- Choose Rarely; think of as a treat
- High levels of saturated fat, sodium, or sugar
- Limited health benefits

Food that is Unranked:

Some food like cooking supplies, condiments and baby food are "Unranked" or "Not Eligible" for SWAP ranks.

Some food categories are more challenging to rank because they arrive in large batches of miscellaneous items and are labeled "Assorted – Not Ranked".

How can I find the SWAP Rank?

When you click on a hyperlinked item number on the Agency Express shopping list, the Item Detail pop up will be displayed. The SWAP ranking is found under "Extra Info" with the number value associated with its SWAP rank.

To search by SWAP rank, use the "Desc. Code" field in the Search box. Search using only the number associated with the rank (1-6). If you forget what number is which rank, click on the "?" next to Desc. Code to see all the options.



Search

Item No. Description

Category
- Select a Category -

Feature Handling Req. Desc. Code ? Food Source Type

-Select one- -Select one- -Select one- -Select one-

Search Show All View Favorites

Click the "?" for more information about the ranks

Enter the number of the SWAP Rank here (i.e. "1" or "2")

Hit "enter" or the "Search" button

Shopping List - Sort By -

Tip: Please Add to Cart requested items before leaving page

Order Qty	Available Qty.	Item No.	Description	UOM	Unit Price
		63	6104035 CTNAP Peas Sweet Green 24/15oz Kosher, no salt added	CASE	0

Item Detail : 6104035

Gross Weight. 27	Item Name CTNAP Peas Sweet Green 24/15oz Kosher, no salt added	Handling Req. Dry
Extra Info. [1] = Green (Choose Often)	Category Vegetables - Canned & Frozen	Pack Size 24/15oz
Food Source CTNAP	VAP Fee 0.00	Price per Unit 0.00
Unit of Measure CASE	Unit Price 0	People Served 0
Price per Pound 0	Cost per person NA	Packaging Type Case

Close

- Agency Express SWAP Rank Key:
- 1 = Green (Choose Often)
 - 2 = Yellow (Choose Sometimes)
 - 3 = Red (Choose Rarely)
 - 4 = Unranked (Condiments, Cooking Staples, Baby Food)
 - 5 = Assorted (Not Ranked)
 - 6 = Non Food Item

Questions? Not sure about a ranking? Interested in SWAP for your agency?
Email swap@foodshare.org for more information!