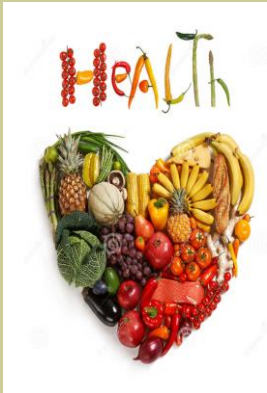




Jewish Community Alliance of Southern Maine Jewish Family Services

Go, Slow, Whoa Program



We have some exciting news to share with you! Jewish Family Services is excited to partner with Good Shepherd Food Bank to bring you Go, Slow, Whoa, a new nutrition labeling system being implemented in Maine to help you pick out healthier foods for you and your family. The program will begin May 1st, 2016!

You'll see signs indicating whether each food is a Go, Slow, or Whoa option based on nutritional values.

- **Go** foods are the healthiest; we call them “anytime foods.” You should eat this food on a daily basis as they are high in nutritional value and low in fat, sodium, and sugar.
- **Slow** foods are considered “sometimes foods.” It is best to eat these foods no more than 3-4 times a week. They are foods that do have some nutritional value but they may be high in fat, sodium, and sugar.
- **Whoa** foods are considered “once in a while foods.” You should limit the amount of whoa foods you pick and consume to no more than 1-2 times a week. They are foods that have little to no nutritional value and may be high in fat, sodium, and sugar.

We hope that these signs are a helpful way for you to easily pick the healthiest options for you and your family. We will also be providing health tips and a recipe each month. There will be nutritional coloring books for children to use and take home.

We would love to hear what you think about this new program. Please don't hesitate to provide us with any feedback!

Thank you,
JFS Food Pantry Staff

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