Pantry Bag Packing Review

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Nutrition Resource Manager

HPNAP Requirement

- 3 meals for 3 days per person (minimum)
- An excess amount of food from 1 group cannot be used towards a lack of food items in another group.
- Variety is encouraged(ex. Different colored produce, fresh, frozen, canned)
- Client choice is encouraged
- Use Basic Food Pantry Package Guide as a reference

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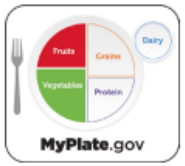
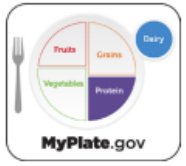
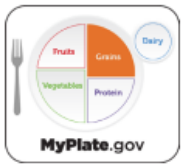
HPNAP MINIMUM FOOD GUIDE FOR A 3 DAY PANTRY PACKAGE

Using this food guide ensures that each HPNAP meal contains two servings from the Vegetable and Fruit Group and a serving from each of the other two food groups; and supports MyPlate by filling a plate with one-half vegetables and fruits.

Food Group	What equals a choice(s)?	1	2	3	4	5	6
Vegetables and Fruits  1 choice = 4 servings (svgs.) 6 svgs./person/day	Spaghetti Sauce, Canned Vegetables, 15 ounces - 1 choice Frozen Vegetables, 16 ounces = 1 choice Dried Fruit, 15 ounces = 1 choice Canned Fruit, 15 ounces = 1 choice Frozen Fruit, 12-16 ounces = 1 choice 4 Pieces, 1 Head, 1 Bunch, 1 Pound Fresh Produce = 1 choice Fruit or Vegetable Juice, 46-48 ounces = 1 choice Limit juice to one container per household	5 choices	9 choices	14 choices	18 choices	23 choices	27 choices
Proteins- Meat, Non-Meat and Dairy  1 choice = approx. 28 grams (gms) of protein 28 gms protein/person/day	Canned Beans, 15 ounces = 1 choice Dried Beans, 1 pound = 2 choices Peanut Butter, 18 ounces = 3 choices Canned Stew or Chili, 15 ounces each = 1 choice 6 Eggs = 1 choice Frozen Meat, Fish, Poultry, 8 ounces (1/2 pound) = 2 choices Canned Chicken, Tuna, Salmon, 5 ounces, 1 can = 1 choice Canned Salmon, 15 ounces = 2 choices Shelf Stable, Fluid Milk, 32 ounces/1 quart = 1 choice 1/2 Gallon Milk = 2 choices 4 Fluid Milks, 8 ounces each = 1 choice Dry Milk 1 Envelope = 1 choice 4 Yogurts, 6 ounces each = 1 choice 2 Greek Yogurt, 6 ounces each = 1 choice Cottage Cheese, 16 ounces = 2 choices American Cheese (not Cheese Food), 8 ounces = 1 choice Mozzarella/Cheddar/Swiss Cheese, 8 ounces = 2 choices	3 choices	6 choices	9 choices	12 choices	15 choices	18 choices
Grains  1 choice = avg. 12 svgs. 6 svgs./person/day	Bread, 1 Loaf= 1 choice 6 Rolls or Bagels = 1 choice Macaroni & Cheese 3 Boxes = 1 choice Rice or Pasta, 16 ounces = 1 choice Oatmeal, 18 ounces = 1 choice Cold Cereal, 12-16 ounces = 1 choice	2 choices	3 choices	5 choices	6 choices	8 choices	9 choices

What's in a Bag?

Household of 2

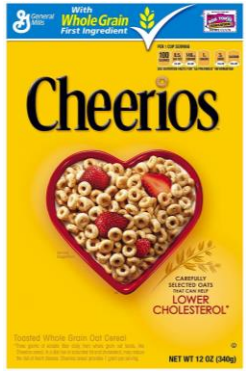
9 choices Fruit & Vegetables

2 lbs.

3 lbs.

6 choices- Protein

3 choices- Grains



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What's in a Bag?

Household of 4

18 choices- Fruit & Vegetables

12 choices- Protein

7 choices- Grains

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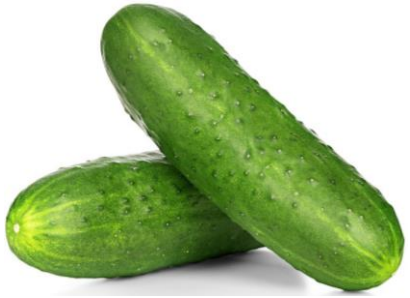
What does 1lb. of vegetables look like?

2-3 medium sized potatoes



2 medium sized cucumbers (5-6in long)

5 medium or 3 large peppers

2 medium sized (apple or orange)

5-6 medium carrots (6 in. long)

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What does 1lb. of fruit look like?

2 medium mangos

Average pineapple= 2lbs

3 medium apples

2 medium pears (size of tennis ball)

2 medium oranges (size of baseball)

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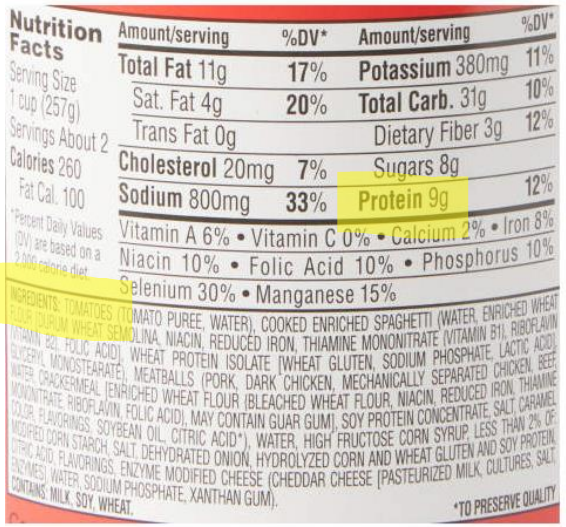
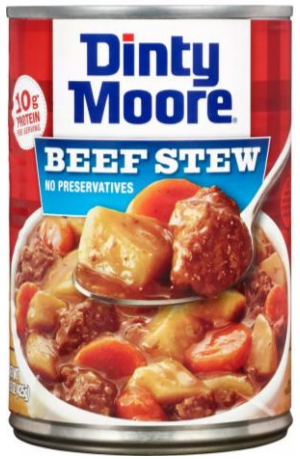
Combination Foods





- In order to count as a **'Grain'**, the first ingredient must be a grain (i.e. pasta or rice)
- In order to count as a **'Protein'**, must have at least 7g protein per serving.

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Tips for Pre-Packing Pantry Bags

- Pack bags/boxes for different household sizes (1,2,3,4 etc.)
- Identify using a marker or different color sticker for different household sizes
- Keep them separate when distributing
- Have different volunteers/staff responsible for packing and distributing for different households.
- Have the Basic Food Pantry Package Guide handy

Tips for Client Choice

- Client choice does not mean clients may take any amount or types of foods they want.
- Have a volunteer/staff member guide clients through the pantry when making selections
- Provide clients with food cards for their household size

3 Day Pantry Package

1-2 People in your household	
Fruits and Vegetables	5-9 choices
Grains	2-3 choices
Meat/Non Meat Protein	3-6 choices

3-4 People in your household	
Fruits and Vegetables	14-18 choices
Grains	5-6 choices
Meat/Non Meat Protein	9-12 choices

Pack a Bag

Household of 3

Is this a complete pantry bag?

Canned goods= 15oz each

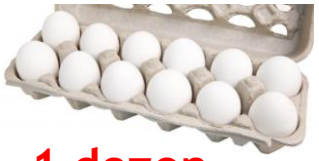
* Meets fruit and vegetable minimum (14 choices) but needs fruit.

2lb

5lb

Protein meets minimum (9 choices)

5 oz.



1 dozen

1lb.

32oz.

Grains are short 3 choices. 3 choices shown. 6 choice minimum.

1lb.

18 oz.

6 bagels

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Questions?

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