

# Pantry Bag Packing Review

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BECAUSE IT TAKES MORE THAN FOOD TO FEED THE HUNGRY



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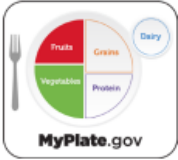


# HPNAP Requirement

- ▶ 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



## 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
<b>Vegetables and Fruits</b>  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
<b>Proteins-Meat, Non-Meat and Dairy</b>  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
<b>Grains</b>  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



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# What's in a Bag?

Household of 2

9 choices  
Fruit &  
Vegetables



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)

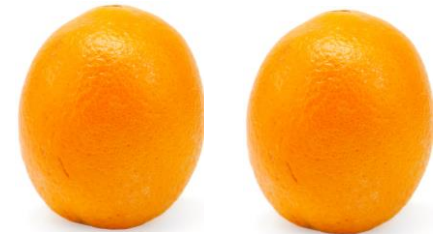
# What does 1lb. of fruit look like?



2 medium mangos



3 medium apples



2 medium oranges ( size of baseball)



Average pineapple= 2lbs



2 medium pears ( size of tennis ball)



# Combination Foods



Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serving Size		Total Fat 11g	17%	Potassium 380mg	11%
1 cup (257g)		Sat. Fat 4g	20%	Total Carb. 31g	10%
Servings About 2		Trans Fat 0g		Dietary Fiber 3g	12%
Calories 260		Cholesterol 20mg	7%	Sugars 8g	12%
Fat Cal. 100		Sodium 800mg	33%	Protein 9g	
*Percent Daily Values (DV) are based on a diet of other people's secrets.		Vitamin A 6% • Vitamin C 0% • Calcium 2% • Iron 8%			
2000 calorie diet		Niacin 10% • Folic Acid 10% • Phosphorus 10%			
		Selenium 30% • Manganese 15%			
INGREDIENTS: TOMATOES (TOMATO PUREE, WATER), COOKED ENRICHED SPAGHETTI (WATER, ENRICHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WHEAT PROTEIN ISOLATE (WHEAT GLUTEN, SODIUM PHOSPHATE, LACTIC ACID), GLYCEROL MONOSTEARATE, MEATBALLS (PORK, DARK CHICKEN, MECHANICALLY SEPARATED CHICKEN, BEEF, WATER, CRACKERMEAL [ENRICHED WHEAT FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MAY CONTAIN GUAR GUM], SOY PROTEIN CONCENTRATE, SALT, CARAMEL COLOR, FLAVORINGS, SOYBEAN OIL, CITRIC ACID*), WATER, HIGH FRUCTOSE CORN SYRUP, LESS THAN 2% OF: MODIFIED CORN STARCH, SALT, DEHYDRATED ONION, HYDROLYZED CORN AND WHEAT GLUTEN AND SOY PROTEIN, CITRIC ACID, FLAVORINGS, ENZYME MODIFIED CHEESE (CHEDDAR CHEESE [PASTEURIZED MILK, CULTURES, SALT, ENZYMES], WATER, SODIUM PHOSPHATE, XANTHAN GUM), CONTAINS MILK, SOY, WHEAT.					
*TO PRESERVE QUALITY					



- ★ 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.



# 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.**

**Protein meets minimum (9 choices)**

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

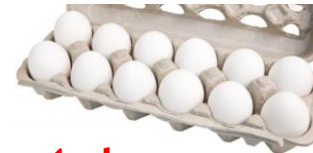


2lb

5lb



5 oz.



1 dozen



1lb.



32oz.



1lb.

18 oz.



6 bagels



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# Questions?

## Contact Information:

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