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
# 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.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>What equals a choice(s)?</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetables and Fruits</strong></td>
<td>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, 46-46 ounces = 1 choice Limit juice to one container per household</td>
<td>5</td>
<td>9</td>
<td>14</td>
<td>18</td>
<td>23</td>
<td>27</td>
</tr>
<tr>
<td><strong>Proteins - Meat, Non-Meat and Dairy</strong></td>
<td>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 Yorguts, 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</td>
<td>3</td>
<td>6</td>
<td>9</td>
<td>12</td>
<td>15</td>
<td>18</td>
</tr>
<tr>
<td><strong>Grains</strong></td>
<td>Bread, 1 Loaf = 1 choice 6 Rolls or Bagels = 1 choice Macaroni &amp; Cheese 3 Boxes = 1 choice Rice or Pasta, 16 ounces = 1 choice Oatmeal, 18 ounces = 1 choice Cold Cereal, 12-16 ounces = 1 choice</td>
<td>2</td>
<td>3</td>
<td>5</td>
<td>6</td>
<td>8</td>
<td>9</td>
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</tbody>
</table>
What’s in a Bag?

Household of 2

9 choices
Fruit & Vegetables

2 lbs.

6 choices - Protein

3 lbs.

3 choices - Grains
What’s in a Bag?

Household of 4

18 choices - Fruit & Vegetables

12 choices - Protein

7 choices - Grains
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)
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

<table>
<thead>
<tr>
<th>1-2 People in your household</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits and Vegetables</td>
<td>5-9 choices</td>
</tr>
<tr>
<td>Grains</td>
<td>2-3 choices</td>
</tr>
<tr>
<td>Meat/Non Meat Protein</td>
<td>3-6 choices</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3-4 People in your household</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits and Vegetables</td>
<td>14-18 choices</td>
</tr>
<tr>
<td>Grains</td>
<td>5-6 choices</td>
</tr>
<tr>
<td>Meat/Non Meat Protein</td>
<td>9-12 choices</td>
</tr>
</tbody>
</table>
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
32oz.
5 oz.
1 dozen
1lb.
18 oz.
6 bagels
1lb.
Questions?

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Email: sabella@licares.org

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