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| Food package Assembling Instructions |
| Inorder to properly serve our food pantry customers, within the guidelines of our hpnap grant, please review the instructions below. |
| * All food contents should be packed in plastic double bags
* Food allocations are based on household size
	+ 1-2 HH (see instructions/examples)
	+ 3-4 HH (see instructions/examples)
	+ 5-6 HH (should be given one 1-2 + one 3-4 package)
	+ 7-8 hh (should be given two 3-4 HH packages)
 |
| Household size 1-2 individuals |
| SAMPLE PACKAGE #1 | Fruits & Vegetables | Protein | Grain |
| * 3-4 fresh Oranges
* 3-4 fresh Apples
* 3-4 fresh Potatoes
* 1 head lettuce
* 1 can Applesauce
* 1 can Corn
* 1 can Green Beans
* 2 lb frozen blueberries
 | * 1 can beans
* 1-quart shelf-stable milk
* 2 cans tuna
* 1 lb. ground beef
 | * 1 box of cereal
* 1 lb rice
* 1 box pasta
 |
| **Extra:** + We can add ONE extra item that will be helpful for our families when prepping meals like Oil, butter, sugar…etc. |
| SAMPLE PACKAGE #2 | Fruits & Vegetables | Protein | Grain |
| * 3 lb bag apples
* 1 head lettuce
* 3-4 fresh Carrots
* 1 can Peaches
* 1 can Mixed Vegetables
* 1 bag frozen corn
* 1 bag frozen broccoli
 | * 1 Dozen Eggs
* 1 can chicken
* 1 whole chicken
 | * 1 box oatmeal
* 1 box crackers
* 3 boxes mac n’ cheese
 |
| **Extra:** + We can add ONE extra item that will be helpful for our families when prepping meals like Oil, butter, sugar…etc. |
| SAMPLE PACKAGE #3\*only dry goods | Fruits & Vegetables | Protein | Grain |
| * 2 can Corn
* 2 can Green Beans
* 1 can Peas
* 1 can Peaches
* 2 can Applesauce
* 1, 6 pack raisins
 | * 4 cans tuna
* 1 can beans
* 1-quart shelf-stable milk
* 2 can chicken
 | * 1 box of cereal
* 1 lb rice
* 3 boxes mac n’ cheese
 |
| **Extra:** + We can add ONE extra item that will be helpful for our families when prepping meals like Oil, butter, sugar…etc. |
| Household size 3-4 individuals |
| SAMPLE PACKAGE #1 | Fruits & Vegetables | Protein | Grain |
| * 5 lb bag potatoes
* 3 lb bag oranges
* 3 lb bag apples
* 3-4 fresh onions
* 2 cans corn
* 2 cans green beans
* 2 cans applesauce
* 2 bags frozen broccoli
 | * 1 gal milk card
* 1 doz eggs
* 1 8 oz cheese
* 2 cans tuna
* 1 whole chicken
 | * 1 box of cereal
* 1 loaf of bread
* 1 lb. bag rice
* 2 boxes pasta
* 1 box crackers
 |
| **Extra:** + We can add ONE extra item that will be helpful for our families when prepping meals like Oil, butter, sugar…etc. |
| SAMPLE PACKAGE #2 | Fruits & Vegetables | Protein | Grain |
| * 3-4 fresh apples
* 3-4 fresh oranges
* 3-4 fresh carrots
* 3-4 fresh onions
* 2 head lettuce
* 2 lb. bag frozen blueberries
* 2 bags frozen corn
* 2 bags frozen mixed vegetables
* 2 cans spaghetti sauce
* 2 cans applesauce
* 2 (6 packs) raisins
 | * 1 lb ground beef
* 1 doz eggs
* 1 pack fish fillets
* 2 cans tuna
* 1 whole chicken
 | * 1 box oatmeal
* 1 lb. bag rice
* 1 box crackers
* 3 boxes mac n’ cheese
* 1 loaf bread
* 1 bag egg noodles
 |
| **Extra:** + We can add ONE extra item that will be helpful for our families when prepping meals like Oil, butter, sugar…etc. |
| SAMPLE PACKAGE #3\*only dry goods | Fruits & Vegetables | Protein | Grain |
| * 1 bag instant potatoes
* 4 cans corn
* 3 cans green beans
* 2 cans spaghetti sauce
* 2 cans applesauce
* 2 cans peaches
* 2 ( 6 packs) raisins
 | * 1 gal milk card
* 6 cans tuna
* 2 cans chicken
* 1 package lentils
* 2 cans beans
 | * 1 box cereal
* 2 lb. bag rice
* 1 box crackers
* 1 box pasta
* 1 loaf bread
 |
| **Extra:** + We can add ONE extra item that will be helpful for our families when prepping meals like Oil, butter, sugar…etc. |

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| Food choice allocation breakdown |
| Fruits & vegetables  |
| 1-2 HH size receives9 Points | **The following equal 1 point each:**3-4 fresh pieces of fruits/Vegetables like oranges, apples, potatoes, carrots, onions...etc1 lb of fresh fruits/vegetables1 can Fruits/Vegetables (13-16oz)1 large head of Cabbage1 (14-16oz) bag of frozen vegetables3 small cups of fruits**The following equal 2 points:**2lb of frozen blueberries**The following equal 3 points:**5lb potatoes3lb apples/ pears/oranges |
| 3-4 HH Size Receives18 points |
| Proteins |
| 1-2 HH size receives6 Points | **The following equal 1 point each:**2 cans tuna/chicken/salmon/sardines (5.5oz) or 1 can (10-13oz)1 small pack of beans 1 can beans (13-16oz)1 quart of milk1 small box of prepared shrimp meal **The following equal 2 points:**Dozen Eggs, 8oz cheese, 12 oz meat**The following equal 3 points:**1 lb ground beef/meat1 whole chicken with bonesFish Fillets pack1-2 lb shredded Cheese**The following equal 4 Points:**Large pack of deli turkey Milk Card for one Gallon |
| 3-4 HH Size Receives12 points |
| Grains |
| 1-2 HH size receives3 Points  | **The following equal 1 point each:**Box of cereal(14-16oz), One box of crackers, One loaf of Bread1 pack of Pasta/ egg noodles (16oz) 1 lb rice 3 boxes of Mac and Cheese (7oz each)One (18 oz)box of Oatmeal |
| 3-4 HH Sizereceives6 Points  |