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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 receives  9 Points | **The following equal 1 point each:**  3-4 fresh pieces of fruits/Vegetables like oranges, apples, potatoes, carrots, onions...etc  1 lb of fresh fruits/vegetables  1 can Fruits/Vegetables (13-16oz)  1 large head of Cabbage  1 (14-16oz) bag of frozen vegetables  3 small cups of fruits  **The following equal 2 points:**  2lb of frozen blueberries  **The following equal 3 points:**  5lb potatoes  3lb apples/ pears/oranges |
| 3-4 HH Size Receives  18 points |
| Proteins | |
| 1-2 HH size receives  6 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 milk  1 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/meat  1 whole chicken with bones  Fish Fillets pack  1-2 lb shredded Cheese  **The following equal 4 Points:**  Large pack of deli turkey  Milk Card for one Gallon |
| 3-4 HH Size Receives  12 points |
| Grains | |
| 1-2 HH size receives  3 Points | **The following equal 1 point each:**  Box of cereal(14-16oz), One box of crackers, One loaf of Bread  1 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 Size  receives  6 Points |