

North Texas Food Bank Food & Nutrition Policy

The North Texas Food Bank (NTFB) Food and Nutrition Policy serves as a statement of NTFB's belief and values regarding how we aspire to feed our neighbors in need and how we propose to evolve over time in order "to close the hunger gap in North Texas by providing access to nutritious food."

I. The Food We Serve

Why distribute nutritious foods and what is considered nutritious?

NTFB is committed to distributing nutritious foods to our food insecure North Texas community. NTFB helps to fill the gap between federal programs through distributing millions of pounds of food annually. The nutritional quality of foods and beverages moving through NTFB is important to consider as most food insecure North Texans also face a multitude of diet-related chronic diseases, including heart disease, obesity, diabetes, and hypertension. Focusing on nutritious foods transcends food distribution and places an emphasis on our North Texas neighbor's long-term health.

Our Definition of Nutritious Foods

NTFB has utilized **the Dietary Guidelines for Americans** (MyPlate, see *Addenda 1.1*) as our primary guide in determining what is broadly considered a nutritious food item. Following this, nutritious foods include a balance of items across the five **MyPlate** categories including: Fruits, Vegetables, Grains, Protein, and Dairy. NTFB will also follow the Feeding America **Foods to Encourage** and the **Healthy Eating Research** recommendations which are based upon the **MyPlate** Guidelines (see *Addenda 1.2*). These approaches will guide the types and ratio of products we source, collect in donations, and ultimately distribute through NTFB Programs and/or Partner Agencies. Nutritious and non-nutritious foods are defined internally based on what is described in *Addenda 2.1*.



OUR GOAL

Our goal is to close the meal gap in North Texas and maintain a minimum of >90% nutritious foods distributed. NTFB is committed to distributing nutritious foods and decreasing our inventory and distribution of non-nutritious product.

In order to achieve this goal, NTFB will utilize the Supporting Wellness at Pantries (SWAP) ranking system to evaluate the nutritional quality of our inventory. The SWAP system is based on the most recent Dietary Guidelines for Americans and is 100% aligned with the **Health Eating Research (HER)** guidelines. SWAP, like the **HER** guidelines, ranks the quality of foods based on 3 nutrients: saturated fat, sodium, and sugar. SWAP utilizes a stoplight design that categorizes foods into one of three tiers: green (choose often), yellow (choose sometimes), or red (choose rarely). SWAP will aid in the implementation of the **HER** guidelines at NTFB. Visit HungerandHealth.org for more information regarding SWAP.

II. The Food We Source

Our food sourcing goals and guidelines to increase nutritious foods

FOOD SOURCING

NTFB prioritizes sourcing foodstuffs based upon the **MyPlate** food groups and ratios. This includes >50% fresh produce and shelf stable and/or frozen fruits and vegetables on the **Foods to Encourage** and the **Healthy Eating Research** (Addenda 2.1) guidelines. We will educate our donor partners on our nutrition policy guidelines to improve the nutritional quality of the food we serve the community. While we currently distribute non-nutritious food along with our nutritious items, our long-term plan is to decrease the distribution of non-nutritious foods to our community. We will use 100% of our Purchased Food Budget on nutritious foods.

Overall, our Donated Food target is: **≥80% nutritious and ≤20% non-nutritious**

Foods NTFB plans to increase

NTFB will actively seek and procure foods that fall into the “green (choose often)” and “yellow (choose sometimes)” tiers under the **HER** guidelines. Food items can include, but are not limited to, low sodium canned products (beans, soups, meals, vegetables, etc.), canned fruit in 100% juice or light syrup, whole grain foods (brown rice, bread, pasta, low sugar cereal, etc.), low fat dairy, dried legumes/beans, and lean meats.

- Donations: Canned food drives, walk-in donations, and Amazon wish lists should follow the existing *Canned Food Drive Handbook* most-needed items list, listed as follows:
 - Low-Sodium Canned Vegetables
 - Canned Fruits (in 100% Juice or Light Syrup)
 - Canned Chicken, Tuna, and Salmon in Water
 - Dried or Low-Sodium Canned Beans
 - Whole Grain Pasta or Brown Rice (enriched version also accepted)
 - Peanut Butter
 - Shelf-stable Milk
 - Nutritious Breakfast Bars

Foods NTFB plans to decrease

This policy does not ban any specific food items. However, NTFB will seek to reduce the procurement of foods that are categorized as “red (choose rarely)” under the **HER** guidelines. Food items can include, but are not limited to, fried foods, high sodium meats, prepared foods, candy, sugar sweetened beverages, bakery items, ice cream, and savory snacks, like chips.

INVENTORY MANAGEMENT

Warehouse Admin Management

The Warehouse Administration Team will work with the Community Impact Team to establish and maintain consistent inventory coding [green (choose often), yellow (choose sometimes), or red (choose rarely)] and classification taxonomies for nutritious and non-nutritious food categorization. The Nutrition Education Team will also help to standardize item card description taxonomy within CERES for a more streamlined effort to increase nutritional transparency internally and externally. The nutritious item card descriptors can be seen below. This will also be reflected in Agency Express to our NTFB Partner Organizations to provide more nutritional information to our partner agencies when ordering.

NTFB Standardized Nutritious Item Card Descriptors

The following acronyms will be used to describe item cards for ease of internal standardized classification as well as to provide more transparency externally regarding nutritional analysis information to our partner agencies.

- LSU: low sugar and/or no sugar added
- LSA: low sodium and/or no sodium added
- VG: vegetarian and/or vegan
- OR: Organic
- GF: Gluten free
- LF: low fat and/or fat free
- WG: whole grain or whole wheat
- HVY SYP: heavy syrup
- LT SYP: light syrup
- 100%: 100% juice (fruit/veg) and canned fruit packed in 100% juice
- PCKD OIL: packed in oil
- PCKD WTR: packed in water
- SSNG: seasoning (to be used for rice/beans/etc.)

Annual Audit

There will be an annual review of the nutritious and non-nutritious categories, the percentage of green (choose often), yellow (choose sometimes), or red (choose rarely) food items, as well as item card descriptors led by the Nutrition Education Team. We will assess our inventory per the guidance provided in *Addenda 2.1*.

III. How We Serve

Our guidelines and goals for foods we distribute through programs

PROGRAMS and SPECIAL PROGRAMS BOXES

All program builds (SCHP, F4K, CSFP, etc.) and additional NTFB individual or family sized box builds will distribute at least 4 of the following food groups in each distribution, unless compliance dictates that all 5 food groups be provided. Distributing at least 4 out of the 5 food groups ensures that clients have access to a variety of foods for a balanced diet. When it is not safe or applicable to distribute dairy that clients should be able to utilize additional government assistance programs and resources to purchase dairy items (i.e. SNAP benefits, WIC benefits).

- Fruits (Fresh, Frozen, Canned, Dried)
- Vegetables (Fresh, Frozen, Canned, Dried)
- Grains (Bread, Rice, Pasta, Oatmeal, Tortillas, Cereal)
 - Whole grains and enriched grains
- Protein (Animal and Plant-Based Varieties)
 - Canned meat in water (tuna, chicken, salmon)
 - Lean ground meat, poultry, beef, and pork options
 - Deli meats
 - Dry or canned beans
 - Peanut butter
- Dairy (if applicable and can distribute safely with temperature control)
 - Cheese
 - Yogurt
 - Milk (perishable and shelf stable)

The Nutrition Education Team will provide the framework for the builds in terms of quantities of the food groups, based upon the dietary guidelines and **HER** guidelines. *Addenda 3.1 and Addenda 3.2* provide high-level guidelines for all kitted boxes. All builds will also have basic nutrition education in every kit (i.e. handouts, recipes, etc.), which align with kit contents.

Nutritional aids, supplements, drinks (i.e. Ensure, protein shakes), and bars (i.e. Clif bars) are recognized as convenient, and sometimes necessary, supplements to diets. These items are not intended to substitute for traditional “whole” foods. They should not comprise more than 10% of any build, program box, or food distribution except for disaster/emergency purposes.

Programmatic Nutrition Guidelines

- Child Programs
 - Food 4 Kids
 - Provides roughly 4 meals
 - Nutrient guidelines
 - Dairy (needed for the development of children and adolescents, especially as it relates to bone mass development)
 - Whole grain food items
 - Variety of 4 food groups in a shelf stable bag
 - Less added sugar
 - Less sodium
 - Less saturated fat
- } *Each must be less than 15% Percent Daily Value per serving/per package on the Nutrition Facts Label or 0 – 8 grams of **added** sugar.**
- Annual kid-friendly nutrition education handout provided

- School Pantry
 - Variety of 4 - 5 food groups in a shelf stable box
 - Fresh produce and fresh dairy when available
 - Recipes and handouts provided in each box
- Senior Programs
 - CSFP
 - Menu follows USDA guidelines
 - Fresh produce and fresh dairy when available
 - Recipes and handouts provided in each box

if no added sugar value on nutrition facts label, each food item must be 0 – 12 grams of **total sugar*

PARTNER AGENCIES

Our goal is for our Partner Agencies to provide food for the community based on the Dietary Guidelines for Americans and the **Healthy Eating Research** guidelines. Greater than ninety percent of distributed food should be nutritious. The Nutrition Education Team will be able to support agencies with nutrition education and other resources described in the **NTFB Nutrition Services** section below.

Partner Agencies will be able to order product in CERES based on the **Healthy Eating Research** three-tiered food categorization approach outlined in *Addenda 2.1*.

NTFB GARDEN AND NUTRITION SERVICES

NTFB's Nutrition and Garden Team offers the following free education resources for our North Texas neighbors and supports the food bank and its operations via programmatic nutrition policy and guidance in the following capacities:

- **Garden Education Resources**
 - Collateral Distribution (Garden Education Handouts)
 - Online Blog & Garden Tip Videos (ntfb.org/jans-garden/)
 - Field Trips & Tours at Jan's Garden
 - Partner Garden Program (Supporting community gardens)
 - Garden Education Workshops & Garden Demonstrations (Series-based education on general gardening topics)

All garden education resources can be requested by emailing garden@ntfb.org.

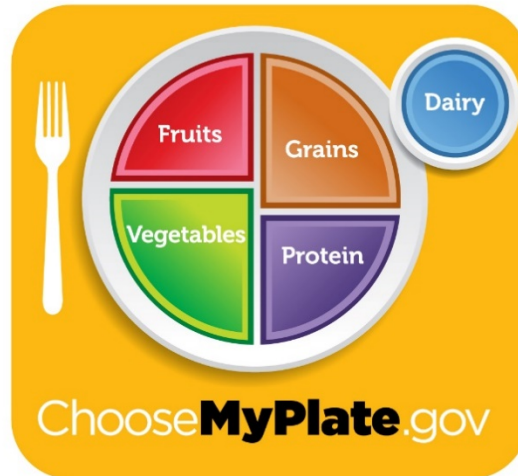
- **Nutrition Education Resources**
 - Collateral Distribution (Recipes, Nutrition Handouts)
 - Nutrition Education Workshops & Cooking Demonstrations (Series-based education on general nutrition topics)
 - Food Resource Management Training (Cooking Matters)
 - Grocery Store Tours (Cooking Matters at the Store)
 - Healthy Pantry & Nudge resources (for NTFB Partner Agencies) - Pantry specific nutrition education resources to support food distributions and encourage healthful options and strategies for clients. Also includes **HER** aligned nudge materials through the SWAP program.
 - Online Recipes and Cooking Demonstrations (ntfb.org/our-programs/nutrition-services/)

All nutrition education resources can be requested by emailing nutrition@ntfb.org.

IV. ADDENDUMS

ADDENDA 1.1

MyPlate (Dietary Guidelines for Americans)



MyPlate is a reminder to find your healthy eating style and build on it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, portion control, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. **MyPlate** offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health. For a colorful visual of **MyPlate** and the 5 food groups visit ChooseMyPlate.gov.

Dietary Guidelines for Americans Major Themes

- **Make half your plate fruits and vegetables**
 - Fresh, frozen, canned, dried, and pureed fruit all count. Choose options that have little or no added sugars.
 - Vary your veggies! Enjoy them raw or cooked: fresh, frozen, canned, or dried. Eat them whole, cut-up, or mashed!
- **Make half your grains whole grains**
 - Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label.
 - Whole grains provide more nutrients, like fiber, than refined grains.
- **Vary your protein routine**
 - Eat a variety of protein foods. Vary your protein routine with different protein sources through the week.

- Meat, poultry, seafood, beans, eggs, soy, nuts & seeds all count. When choosing beef, look for lean cuts like round or sirloin and ground beef that is at least 85% lean. Trim or drain fat from meat and remove poultry skin.
- **Move to low-fat or fat-free milk or yogurt**
 - Make dairy part of your meal. Move to low-fat or fat-free milk or yogurt by choosing 1% or skim in place of 2% and whole varieties.
 - The Dairy Group includes milk, yogurt, cheese, and fortified soy beverages (soymilk). They provide nutrients you need including - calcium, vitamin D, potassium, protein, and more!
- **Make small changes**
 - Find a healthy eating style that works for you by making small changes to your meal and beverage choices.
 - Make small, quick changes you can build on over time to find your healthy eating style. Every small change gets you a step closer to your goals!

ADDENDA 1.2

Feeding America’s Guide to Nutritious Foods for the Charitable Feeding System

Foods to Encourage (F2E) is Feeding America’s approach to estimate the nutritional contributions of food categories in food banks’ inventories.

- The **F2E** framework was designed to more-accurately evaluate and describe the nutritional contributions of food categories in network food banks’ inventories
- The Detailed **F2E** guidelines serve as a Feeding America national office recommendation, not a requirement, for network food banks

<p>Two F2E Classification Models Visit HungerandHealth.org for more information regarding F2E.</p>	
<p>Broad F2E Provides a broad review of foods in a food bank inventory based on product categories</p>	<p>Detailed F2E Provides a detailed assessment of foods in a food bank inventory based on nutrient specifications</p>

I. Broad Categories of Feeding America’s Inventory System

Feeding America has 31 product categories that are tracked in the Quarterly Pulse Report (QPR) completed by all network food banks. These categories are known as the Uniform Number Codes (UNC). These Codes are specified by Feeding America only. Using data from the “Receipts by Category” in the QPR, the 31 product categories are divided into 3 broad categories: *Foods to Encourage*, *Other Food* and *Non-Food*.

Foods to Encourage	Other Food	Non Food
<ul style="list-style-type: none"> • Beverages (10% to reflect plain water)* • Cereal • Dairy (30%)* • Fruits • Juice • Meat/Fish/Poultry, Mix (60%)* • Non-Meat Protein • Pasta • Fresh Produce • Rice • Vegetables • Salvage (39%)* 	<ul style="list-style-type: none"> • Beverage (90%)* • Bread/Bakery • Baby Food • Condiments • Dairy (70%)* • Desserts • Dough • Dressings • Grains • Meals/Soups/Entrees • Mix (40%)* • Non-Dairy Dairy • Nutritional Aid/Supplement • Prepared Foods • Snack • Salvage (61%)* 	<ul style="list-style-type: none"> • Cleaning • Health and Beauty • Household Paper • Nonfood • Personal Paper • Pet
<p>*Feeding America allows only certain percentages of some product categories (e.g., 10% beverage, 30% dairy, etc.) to be categorized under the <i>F2E</i> broad category because after a national review of detailed receipt donations not all foods in particular product categories met the nutritional criteria. The remaining percentage for those said product categories (i.e., non-F2E products) is categorized under <i>Other Food</i>.</p>		

II. Detailed *F2E* Foods to Encourage (*F2E*)

The *Detailed F2E* framework was designed to more accurately evaluate and describe the nutritional contributions of the food categories in food banks' inventories. This framework below serves as the Feeding America national office recommendation, not requirement, for network food banks. Below are the qualifications required for the product categories to be listed within our *F2E*.

Foods must meet all criteria below to qualify. Criteria is based on per serving basis.

Fruits and Vegetables

- Fresh with nothing added
- 100% Fruit or Vegetable Juice
- Canned, Dried or Frozen with no partially hydrogenated oils that meet the criteria below:
 - **Sodium:** $\leq 230\text{mg}^i$
 - **Total Sugar:** Fruit in lite syrup or 100% Juiceⁱⁱⁱ or $\leq 12\text{g}^{iii}$
 - **Sat Fat:** $\leq 2\text{g}^{iv}$
 - **Trans Fat:** 0g

Grains

- 100% whole grain (Rolled Oats, Barley, Wild Rice)
- Bread & Pasta with "whole grain" listed as the first ingredient^v & with:
 - $>10\%$ DV^{vi} or $\geq 2.5\text{g}$ fiber
- Cereal with "whole grain" listed as the first ingredient^{vii} & $>3\text{g}$ of dietary fiber
- Bread, Pasta & Cereal that meet the criteria below:
 - **Sodium:** $\leq 230\text{mg}$
 - **Total Sugar:** Bread/Pasta $\leq 0\text{g}^{viii}$
Cereal $\leq 12\text{g}^{ix}$
 - **Sat Fat:** $\leq 2\text{g}$
 - **Trans Fat:** 0g

Protein

- Eggs
- Nuts, Seeds, Beans and Lentils with nothing added
- Beans, Meat, Poultry and Seafood that meet criteria below:
 - **Sodium** $\leq 480\text{mg}^x$
 - **Sat Fat:** $\leq 2\text{g}^{xi}$
 - **Trans Fat:** 0g
- Nuts/Seeds responding spreads that meet the criteria below:
 - **Sodium:** $\leq 230\text{mg}$
 - **Total Sugar:** $<4\text{g}$ per 2T/1oz^{xii}
 - **Trans Fat:** 0g

Dairy

- Unflavored/Unsweetened low-fat (1%), or skim/non-fat milk or yogurt
- Flavored skim/non-fat milk or yogurt
- Unsweetened milk substitutes (e.g. Soy)
- Cheese that meets the criteria below:
 - **Sodium:** $\leq 480\text{mg}^{xiii}$
 - **Sat Fat:** $\leq 3\text{g}$ | **Trans Fat:** 0g
- Flavored milk, milk substitutes, and yogurt, that meets the criteria below:
 - **Sodium:** $\leq 480\text{mg}^{xiii}$
 - **Total Sugar:** $\leq 22\text{g}$ (milk^{xiv}) $\leq 30\text{g}$ (yogurt^{xv})
 - **Saturated Fat:** $\leq 3\text{g}$
 - **Trans Fat:** 0g

III. Healthy Eating Research (HER) Guidelines

In 2020, HER released new nutritional guidance for the charitable feeding system, and these were unanimously approved by the Feeding America network Nutritious Food Revisioning Task Force as optional new nutrition guidelines for food banks to adopt. The following are the Nutrition Guidelines for Ranking Charitable Food into a three-tiered system. Visit HungerandHealth.org for more information regarding **HER**.

Food Category*	Example Products	Choose Often			Choose Sometimes			Choose Rarely		
		Saturated Fat	Sodium	Added Sugar**	Saturated Fat	Sodium	Added Sugar**	Saturated Fat	Sodium	Added Sugar**
Fruits and Vegetables	Fresh, canned, frozen, and dried fruits and vegetables, frozen broccoli with cheese sauce, apple sauce, tomato sauce, 100% juice, 100% fruit popsicle	≤2 g	≤230 mg	0 g	All 100% juice and plain dried fruit			≥2.5 g***	≥480 mg	≥12 g
					≥2.5 g***	231-479 mg	1-11 g			
Grains	Bread, rice, pasta, grains with seasoning mixes	First ingredient must be whole grain AND meet following thresholds:			≥2.5 g***	231-479 mg	7-11 g	≥2.5 g***	≥480 mg	≥12 g
		≤2 g	≤230 mg	≤6 g						
Protein	Animal (beef, pork, poultry, sausage, deli meats, hot dogs, eggs) and plant proteins (nuts, seeds, veggie burgers, soy, beans, peanut butter)	≤2 g	≤230 mg	≤6 g	2.5-4.5 g	231-479 mg	7-11 g	≥5 g	≥480 mg	≥12 g
Dairy	Milk, cheese, yogurt	≤3 g	≤230 mg	0 g	3.5-6 g	231-479 mg	1-11 g	≥6.5 g	≥480 mg	≥12 g
Non-Dairy Alternatives	All plant-based milks, yogurts and cheeses	≤2 g	≤230 mg	≤6 g	≥2.5 g	231-479 mg	7-11 g	≥2.5 g	≥480 mg	≥12 g
Beverages	Water, soda, coffee, tea, sports drinks, non-100% juice products	0 g	0 mg	0 g	0 g	1-140 mg	1-11 g	≥1 g	≥141 mg	≥12 g
Mixed Dishes	Frozen meals, soups, stews, macaroni and cheese	≤3 g	≤480 mg	≤6 g	3.5-6 g	481-599 mg	7-11 g	≥6.5 g	≥600 mg	≥12 g
Processed and Packaged Snacks	Chips (including potato, corn, and other vegetable chips), crackers, granola and other bars, popcorn	None			If a grain is the first ingredient, it must be a whole grain AND meet following thresholds:			≥2.5 g	≥141mg	≥7 g
		0-2 g	0-140 mg	0-6 g						
Desserts	Ice cream, frozen yogurt, chocolate, cookies, cakes, pastries, snack cakes, baked goods, cake mixes	None			None			All desserts		
Condiments and Cooking Staples	Spices, oil, butter, plant-based spreads, flour, salad dressing, jarred sauces (except tomato sauce), seasoning, salt, sugar	Not ranked								
Miscellaneous Products	Nutritional supplements, baby food	Not ranked								

ADDENDA 2.1

NTFB Nutritious Food Categories

- Nutritious (**Foods 2 Encourage**)
 - Based on Feeding America’s 31 food category guidelines (*Addenda 1.2*)
 - Foods categorized as green (choose often) or yellow (choose sometimes) through the utilization of the SWAP software
- Non-Nutritious
 - Sugary beverages (except water, 100% juice and milk), snacks, desserts, doughs, non-dairy dairy, condiments and cooking staples, and various non-meal options are excluded from NTFB poundage goals
 - Foods categorized as red (choose rarely) through the utilization of the SWAP software

NTFB’s Nutritious and Non-Nutritious Food Category Codes & Definitions

- A collaborative categorization based on the *Detailed F2E*, Uniform Number Codes (UNC), and existing Food Bank Number Codes (FBC). A Food Bank may create as many FBC Product Types as they would like, but they should always be linked to the authorized UNC Product Types.

The following charts showcase how NTFB internally categorizes food items as nutritious and non-nutritious. **F2E’s** are highlighted in **yellow**.

NTFB’s FBC Product Types with Corresponding UNC Code

Nutritious (Foods to Encourage)	Non-Nutritious	Non-Food
02 Baby Food	03 Beverage (non-water)	01 Non-food
03 Water	08 Desserts	12 Personal
04 Bread/Bakery	09 Dressings	13 House/San
05 Cereal/Brk	16 Mixed % Assorted Food (50%)	19 Paper – Home
06 Meal/Entrée	17 Non-Dairy Dairy	20 Paper – Prsn
07 Dairy	25 Snack	22 Pet
07 Milk	26 Condiment	
10 Fruits Canned/Frozen	30 Salvage (50%)	
11 Grains		
14 100% Juice		
15 Pro-Meat		
16 Mixed % Assorted Food (100% or 50%)*		
18 Nutritional Aid		
21 Pasta		
23 Egg		
23 Milk-Sub		
23 Pro-Non		
24 Rice		
27 Vegetables Canned/Frozen		
28 Fresh Fruit/Vegetable		
29 Unckd Dough		
30 Salvage (50%)**		
31 Prepared/Perishable		

F2E	Nutritious	UNC Product Type		FBC Product Type	
		Code	Description	Code	Description
No	0	01	Assorted Non-Food: Household Goods, Toys, Books, Clothing	NONFOOD	Assorted Non-Food: Household goods, Toys, Books, Clothing
No	1	02	Baby Food/Formula	BABY	Baby Foods/Formula
No	0	03	Beverage: Coffee, Tea, Soda, Drinks	BEVERAGE	Beverages: Coffee, Tea, Soda, Drinks
Yes	1	03	Beverage: Coffee, Tea, Soda, Drinks	WATER	WATER
No	1	04	Bread/Bakery: Bread, Biscuits, Rolls, Batter, Tortillas, Pie Crusts	BAKERY	Bakery Products (needs Baking or used in Baking)
No	1	04	Bread/Bakery: Bread, Biscuits, Rolls, Batter, Tortillas, Pie Crusts	BREAD	Bread Products: Bread, Biscuits, Rolls, Batter, Tortillas, Pie Crusts
Yes	1	05	Cereal: Hot and Cold	CEREAL/BRK	Cereal and Breakfast Products: Hot and Cold
Yes	1	05	Cereal: Hot and Cold	OATS	OATS/OATMEAL - DRY STORAGE
No	1	06	Complete Meal/Entree, Soup	ENTREE	Entrees and Main Dish Items: Meal/Entree, Soup
No	1	07	Dairy: Yogurt, Cheese, Milk, Butter, Sour Cream, Ice Cream	DAIRY	Dairy Products: Yogurt, Cheese, Milk, Butter, Sour cream Ice Cream
Yes	1	07	Dairy: Yogurt, Cheese, Milk, Butter, Sour Cream, Ice Cream	MILK	MILK DAIRY PRODUCT
No	0	08	Dessert: Cakes, Pies, Pudding, Frozen Confections	DESSERT	Dessert Products: Cakes, Pies, Pudding, Frozen Confections
No	0	09	Dressing: Salad Dressings, Mayonnaise	DRESSING	Dressing Products: Salad dressing, Mayonnaise
Yes	1	10	Fruit: Canned and Frozen	APPLESAUCE	APPLESAUCE - DRY STORAGE
Yes	1	10	Fruit: Canned and Frozen	FRUIT	Fruit Products: Canned and Frozen
Yes	1	10	Fruit: Canned and Frozen	ORANGES	ORANGES - DRY STORAGE
Yes	1	10	Fruit: Canned and Frozen	PEACHES	PEACHES - DRY STORAGE
Yes	1	10	Fruit: Canned and Frozen	PEARS	PEARS - DRY STORAGE
No	1	11	Grain: Flour, Corn Meal, Matzo Meal	GRAIN	Grain-based Products: Flour, Corn Meal, Matzo Meal
No	0	12	Health/Beauty Care: Shampoo, Conditioner, Soap, Cosmetics, Deodorants, All Dental Care	PERSONAL	Personal Care Products: Health/Beauty Care, Shampoo, Conditioner, Soap, Cosmetics, Deodorants, All Dental Care
No	0	13	Household Cleaning Product: Detergent, Cleanser, Bleach, Fabric Softener	HOUSE/SAN	Household and Sanitation Products: Detergent, Cleanser, Bleach, Fabric Softener
Yes	1	14	Juice: 100% Fruit or Vegetable	JUICE	Juices: 100% Fruit or Vegetable
Yes	1	15	Meat/Fish/Poultry	CHICKEN	CHICKEN - DRY STORAGE
Yes	1	15	Meat/Fish/Poultry	PRO-MEAT	Protein - Meat Products: Meat/Fish/Poultry
Yes	1	15	Meat/Fish/Poultry	SALMON	SALMON - DRY STORAGE
Yes	1	15	Meat/Fish/Poultry	TUNA	TUNA - DRY STORAGE
Partial	0.6	16	Mixed and Assorted Food	MIXED/ASST	Mixed and Assorted Food Products
No	0	17	Non-Dairy Dairy Substitute	NON-DAIRY	Non-Dairy Dairy Substitute i.e. CoffeeMate
No	1	18	Nutritional Aid: Drinks, Vitamins, Diet Supplements	NUTRITION	Nutritional Aid Products: Drinks, Vitamins, Diet Supplements
No	0	19	Paper Product - Household: Plates, Napkins, Towels, Toilet Paper, Facial Tissue	PAPER-HOME	Paper Product - Household: Plates, Napkins, Towels, Toilet Paper, Facial Tissue
No	0	20	Paper Product - Personal: Diapers, Adult Sanitary Products, Feminine Products	PAPER-PRSN	Paper Product - Personal: Diapers, Adult Sanitary Products, Feminine Products
Yes	1	21	Pasta: Macaroni, Spaghetti, Noodles	PASTA	Pasta Products: Macaroni, Spaghetti, Noodles
No	0	22	Pet Food/Pet Care	PET-PROD	PET FOOD
Yes	1	23	Protein - Non-Meat: Peanut Butter, Beans, Eggs, Pork & Beans, Nuts	BLACK_BEAN	BLACK BEANS - DRY STORAGE
Yes	1	23	Protein - Non-Meat: Peanut Butter, Beans, Eggs, Pork & Beans, Nuts	EGG	EGGS (NON-MEAT PROTEIN)
Yes	1	23	Protein - Non-Meat: Peanut Butter, Beans, Eggs, Pork & Beans, Nuts	MILK-SUB	ALMOND MILK, SOY MILK
Yes	1	23	Protein - Non-Meat: Peanut Butter, Beans, Eggs, Pork & Beans, Nuts	PB	PEANUT BUTTER - DRY STORAGE

Yes	1	23	Protein - Non-Meat: Peanut Butter, Beans, Eggs, Pork & Beans, Nuts	PINTO_BEAN	PINTO BEANS - DRY STORAGE
Yes	1	23	Protein - Non-Meat: Peanut Butter, Beans, Eggs, Pork & Beans, Nuts	PRO-NON	Protein - Non-Meat Products: Peanut Butter, Beans, Eggs, Pork & Beans, Nuts, Nut Milk
Yes	1	24	Rice	RICE	Rice
No	0	25	Snack Food/Cookies: Candy, Crackers, Marshmallows	SNACK	Snack Products: Snack Food/Cookies, Candy, Crackers, Marshmallows
No	0	26	Spice/Condiment/Sauce: Herbs, Salt, Sugar, Mixes, Breadcrumbs, Vinegar, Extracts, Mustard, Syrup, Gravy, Jelly, Salad Oil, Sauces	CONDIMENT	Spice/Condiment/Sauce: Herbs, Salt, Sugar, Mixes, Vinegar, Extracts, Mustard, Syrup, Gravy, Jelly, Sauces, Salad Oil
Yes	1	27	Vegetables: Canned and Frozen	CORN	CORN - DRY STORAGE
Yes	1	27	Vegetables: Canned and Frozen	GREEN_BEAN	GREEN BEANS - DRY STORAGE
Yes	1	27	Vegetables: Canned and Frozen	MIXED_VEG	MIXED VEGETABLES - DRY STORAGE
Yes	1	27	Vegetables: Canned and Frozen	PASTA_SAUC	PASTA/TOMATO SAUCE - DRY STORAGE
Yes	1	27	Vegetables: Canned and Frozen	TOMATOES	DICED TOMATOES - DRY STORAGE
Yes	1	27	Vegetables: Canned and Frozen	VEGETABLES	Vegetables: Canned & Frozen
Yes	1	28	Fresh Fruits/Vegetables	FRT-BERRY	PRODUCE - STRAWBERRY, BLUEBERRY, BLACKBERRY
Yes	1	28	Fresh Fruits/Vegetables	FRT-CITRUS	PRODUCE - ORANGE, LEMON, LIME, GRAPEFRUIT
Yes	1	28	Fresh Fruits/Vegetables	FRT-EXOTIC	PRODUCE - BANANA, AVACADO, MANGO, POMEGRANATE, KIWI
Yes	1	28	Fresh Fruits/Vegetables	FRT-MELON	PRODUCE - WATERMELON, HONEY DEW, CANTELOUPE
Yes	1	28	Fresh Fruits/Vegetables	FRT-STONE	PRODUCE - PEACH, APRICOT, CHERRY, PLUM, NECTARINE
Yes	1	28	Fresh Fruits/Vegetables	FRT-TREE	PRODUCE - APPLE, PEAR - NOT CITRUS OR STONE
Yes	1	28	Fresh Fruits/Vegetables	PRODUCE	PRODUCE - FRESH FRUITS AND VEGETABLES
Yes	1	28	Fresh Fruits/Vegetables	VEG-BULB	PRODUCE - ONION, GARLIC, LEEK
Yes	1	28	Fresh Fruits/Vegetables	VEG-EXOTIC	PRODUCE - CORN, GINGER - ITEMS CONSIDERED AS VEG, BUT NOT BOTANICALLY
Yes	1	28	Fresh Fruits/Vegetables	VEG-FLOWER	PRODUCE - BROCCOLI, CAULIFLOWER, ARTICHOKE
Yes	1	28	Fresh Fruits/Vegetables	VEG-FRUITS	PRODUCE - SQUASH, CUCUMBER, EGGPLANT, PUMPKIN, TOMATO, PEPPERS
Yes	1	28	Fresh Fruits/Vegetables	VEG-FUNGI	PRODUCE - MUSHROOMS
Yes	1	28	Fresh Fruits/Vegetables	VEG-LEAFY	PRODUCE - CABBAGE, SPINACH, COLLARDS, LETTUCE
Yes	1	28	Fresh Fruits/Vegetables	VEG-ROOTS	PRODUCE - CARROT, TURNIP, RADISH
Yes	1	28	Fresh Fruits/Vegetables	VEG-SEED	PRODUCE - BEANS, PEAS
Yes	1	28	Fresh Fruits/Vegetables	VEG-STEM	PRODUCE - ASPARAGUS, CELERY
Yes	1	28	Fresh Fruits/Vegetables	VEG-TUBER	PRODUCE - POTATO, YAM, SWEET POTATO
No	1	29	Dough - Uncooked	UNCKD DOGH	Dough - Uncooked
Partial	0.5	30	Salvage - Unsorted	SALVAGE	Sorted or Unsorted Salvage Products: Salvage - Unsorted
No	1	31	Prepared and Perishable Food	PREPARED	Prepared and Perishable Food

***16 Mixed % Assorted Food (100% or 50%):** item card override with different descriptions are used for assorted freezer, assorted cooler, assorted virtual, GR (Grocery Rescue) assorted freezer, GR assorted dry (50%) and canned food drive and assorted dry food (100%)

- The exception being MealConnect and corresponding GR codes which is food that is a directly delivered from retail donors to partner pantries and maps directly to CERES.

****30 Salvage (50%):** donated, unworked food which we sort for food safety and distribute to member agency pantries

ADDENDA 3.1

Shelf-stable Kitted Box Menus

INDIVIDUAL BOX (shelf-stable)

Food Type	Amount from Each Category	Item	Pounds (≈)
Grains	2	Pasta, Rice, Tortillas	2.5
	1	Cereal, Oatmeal	1
Protein	1	Canned Protein (tuna, salmon, chicken, pork); meat chili, stew	2
	1	Peanut Butter/Nut Butter	
	1	Canned Beans or Lentils	
		Dried Beans or Lentils	1
Vegetables	4	Canned Vegetables	4
Fruits	3	Canned Fruit	3.5
	OR 1	Juice	
EXTRA	1	*see <i>Addenda 3.2</i>	1
			≈ 15

FAMILY BOX (shelf-stable)

Food Type	Amount from Each Category	Item	Pounds (≈)
Grains	4	Pasta, Rice, or Tortillas	4
	2	Cereal, Oatmeal	2.5
Protein	3	Canned Protein (tuna, salmon, chicken, pork); meat chili, stew	4
	3	Peanut Butter/Nut Butter	
	1	Canned Beans or Lentils	
		Dried Beans or Lentils	1
Vegetables	7	Canned Vegetables	7
Fruits	6	Canned Fruit	5.5
	OR 2	Canned Fruit	
	1	Juice	
EXTRA	1	*see <i>Addenda 3.2</i>	1
			≈ 25

FAMILY BOX V2 (shelf-stable) – supplementing with fresh produce

Food Type	Amount from Each Category	Item	Pounds (≈)
Grains	4	Pasta, Rice, or Tortillas	4
	2	Cereal, Oatmeal	2.5
Protein	3	Canned Protein (tuna, salmon, chicken, pork); meat chili, stew	1
	3	Peanut Butter/Nut Butter	
	1	Canned Beans or Lentils	4
Vegetables	3	Dried Beans or Lentils	4
Fruits	3	Canned Vegetables	3
	OR 1	Canned Fruit	3
	1	Canned Fruit Juice	
EXTRA	4	*see <i>Addenda 3.2</i>	3
			≈ 20.5

FAMILY BOX (fresh/frozen) – *see below for fresh/frozen options

Food Type	Item Example	Pounds (≈)
Grains	Pasta, Rice, Tortillas, Bread	6.5
Protein	Beef, Chicken, Pork, Turkey	5
Vegetables	Fresh/Frozen Vegetables	6
Fruits	Fresh/Frozen Fruit, Juice or Juice Concentrate	5.5
EXTRA	Milk or Cheese	2-8
		≈ 25 - 30

***Fresh/Frozen Options**

Nutritious

Grains: biscuits, plain sliced bread, tortillas, hot dog buns, burger buns, dinner rolls, pasta, rice, oatmeal
Protein: beef, chicken, pork, turkey, deli meat, salami, prosciutto, pepperoni, salmon (any seafood), meatballs, beef jerky, pre-seasoned chicken/pork/beef, sausage patties/links, hummus, tofu, veggie patties
Vegetables: fresh or frozen (no salt added), hash browns
Fruits: fresh or frozen (no sugar), 100% juice concentrate, smoothie packs
Extra (Dairy): milk (8 lb. per 1 gallon), cheese

Non-Nutritious

Grains: cinnamon rolls, pastries
Protein: hot dogs, hot links, bacon, bologna, chorizo, breaded chicken/pork/beef,
Vegetables: pre-seasoned/pre-sauced frozen vegetables
Fruits: sugar added frozen fruit, juice concentrate (not 100%)
Extra (Dairy): flavored milk, half and half, buttermilk, creamers

ADDENDA 3.2

'Extra' Examples for Kitted Box Builds

- Spices/seasonings
- Dressings (gravy, vinaigrettes, ranch, etc.)
- Condiments (syrup, soy sauce, salsa, ketchup, BBQ, etc.)
- Cooking oils or vinegar
- Mac and cheese
- Jam/jelly
- Coffee/tea
- Dry muffin/biscuit mix
- Popcorn
- Granola
- Crackers/sandwich crackers
- Canned soups (including 'cream of...')
- Broth/stock
- Baking powder/soda
- Canned tomato sauce
- Canned chili
- Canned baked (seasoned) beans
- Shelf stable milk or milk alternatives
- Jerky (beef, lamb, etc.)
- Dried fruit/veggies

Green (Choose Often), Yellow (Choose Sometimes), Red (Choose Rarely)
Example Items for Kitted Box Builds

Fruits/Vegetables

Canned Fruits (in 100% juice or in water)

- Pears, peaches, apricots, fruit cocktail, mixed fruit, mandarin oranges, pineapples, mangoes, etc.

Canned Vegetables (No Salt Added and/or Organic)

- Green beans, mixed vegetables, peas, yams, potatoes, tomatoes, spinach, carrots, beets, etc.

100% Fruit Juice

- Cranberry, beet, apple, capri sun, tomato, orange, grape, pineapple, pear, grapefruit, plum, pomegranate, peach, mango, blueberry, all V8 tomato juice, etc.

100% Vegetable Juice (Low Sodium)

- V8 vegetable juice, tomato juice

Dried/dehydrated fruit with no added sugars

Dried/dehydrated Vegetables

Other Fruit:

- No sugar added applesauce

Canned Fruit in Lite Syrup

Canned Vegetables

- Green beans, mixed vegetables, peas, yams, potatoes, tomatoes, tomato sauce, spinach, carrots, beets, etc.

No Sugar Added Juice

- Naked juice smoothie, Odwalla juice smoothie

Vegetable Juice (with Added Sodium)

- Original V8 vegetable juice, tomato juice

Dried fruit with added sugar

Other Fruits:

- Applesauce, Canned 100% pumpkin, canned olives

Canned Fruit in Heavy Syrup

Juice (sugar added)

- Juice cocktail, fruit punch, SunnyD

Other Fruits:

- Pie fillings, cranberry sauce

Other Vegetables

- Vegetable chips/straws

Protein



Beans/lentils

- Dried, canned (low sodium)

Meat


- Canned in water (tuna, salmon, chicken, pork)

Nut butters (No Sugar Added)

- Peanut butter, Almond butter, cashew butter, PB2, etc.

Nuts/Trail Mix (Lightly Salted)

- Almonds, peanuts, cashews, etc.



Beans/lentils

- Canned (with seasoning) baked beans
- Refried beans (no fat)

Meat

- Canned in oil (tuna, salmon, chicken, pork)
- Beef stew
- Canned chili

Nut Butters (with added sugar/salt)

- Vanilla peanut butter, chocolate peanut butter, honey peanut butter



Beans/lentils

- Refried beans (regular)

Meat

- Spam, Vienna sausage

Other Protein:

- Protein shakes/bars
- Stripes PB&J (Goober)
- Cookie butter

Grains

Cereal: Whole grain (first ingredient, preferred)

- Oatmeal (bagged, pouch, tub, dry)
- Low sugar cereal (less than 6 grams of sugar)
- Breakfast porridge (ex. Cream of Wheat, Malt O Meal, etc.)

Rice:

- White, brown, red, black, wild, jasmine, basmati, arborio, par boiled, sushi (all plain, dry, bagged rice)
- Quinoa
- Couscous
- Farro
- Barley
- Millet

Pasta:

- All dry pasta (penne, spaghetti, fettucine, etc.)
- Lentil pasta
- Rice noodles

Other Grains:

- Tortillas (whole wheat, enriched white, corn)
- Popcorn kernels (lightly salted or no salt)
- Granola
- Whole grain crackers
- Dry grits

Cereal: non whole grain (enriched)

- Sugar cereal (7-11 grams of sugar)

Rice:

- Fully cooked rice/rice spice blend pouches (ex. Knorr Rice Sides, Uncle Ben's, Mahatma, etc.)

Pasta:

- Fully cooked pasta/pasta spice blend pouches (ex. Knorr Pasta Sides, Thai Kitchen, etc.)
- Mac and cheese

Other Grains:

- Pancake/waffle mix (whole grain first ingredient ideal)
- Cornbread mixes
- Dry stuffing mix
- Dry bread mix

Cereal:

- High sugar cereal (more than 12 grams of sugar)

Pasta:

- Ramen noodles

Other Grains:

- Dry muffin mix
- Dry biscuit mix