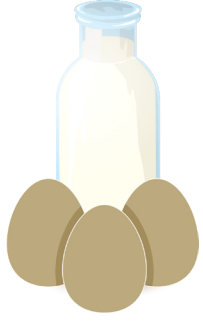
Food Bank of Central New York

Minimum Food Guide for a 3 Day & 9 Meal Pantry Package

Using this food guide ensures that each HPNAP meal contains 2 servings from the fruits and vegetables group and a serving from 2 of the other food groups.

Number of Points

FOOD GROUP	WHAT'S INCLUDED?	1	2	3	4	5	6
Fruits and Vegetables	**Fruits:** Apples, Pears, Oranges, Cherries, Raisins, Figs, Blueberries, Strawberries, Melons, Bananas, and Pineapple. **Vegetables:** Lettuce, Cabbage, Celery, Green Beans, Endive, Cucumber, Squash, Corn, Pumpkin, Sweet Potatoes, Broccoli, Brussel Sprouts, Yams, Carrots, and Mushrooms.	5	9	14	18	23	27
Proteins 	**Meats/Animal Protein:** Beef, Beef Stew, Turkey, Chicken, Fish, Pork, Sausage, Eggs, and Chili with Beans. **Vegetarian Protein:** Soybean, Chickpeas, Lima Beans, Lentil, Poppy Seeds, Field Peas/Red Oriental Beans, Black Beans, Black-Eyed Peas, Fava Beans, Kidney Beans, Garbanzo Beans, Split Peas, Nuts, and Peanut Butter. **Dairy/Dairy Alternatives:** Milk, Buttermilk, Powdered Milk, Condensed Milk, Aseptic Milk, Cheese, Cottage Cheese, Sliced Cheese, Yogurt, Tofu, Soy Milk, and Almond Milk.	3	6	9	12	15	18
Grains	Rice, Pasta, Crackers, Bread, Cereal, Oatmeal, Tortillas, Quinoa, Barley, and Noodles.	4	6	8	10	13	15

Points
Points are a guide to help pantries meet the HPNAP required minimum 3 day meal package offering. Pantries are welcome to increase the amount of points available but the minimum must be offered. Remember: points need to be offered but clients don't have to take foods they won't use or can't eat.

To Assign Points
Determine the amount of servings in a package and assign points based on the number of servings at a rate of 1 point for every 4 servings.

Meats
1 pound of meat = 4 servings (usually).

Fresh Produce
Fresh fruits and vegetables will vary in points based on size. Use your best judgment to determine what amount of a product would be equivalent to 4 servings to create 1 point.

Canned & Packaged Goods
Use the "Serving Size" nutrition label to determine how many servings are in each package.

Incentivize Slow Moving or Healthier Products
Use promotional materials like "sale" or "take one get one" to encourage people to take slow moving items. You may also reduce points on a slow moving item.

Items that Don't Qualify for Points in the Nutritional Package:
- Items high in sugar (e.g. jam, jellied cranberry or maple syrup).
- Juice from concentrate. Juice must be 100% to be counted in a package.
- Soups with less than 7g of protein per serving.

Pantries can offer any food products, including extras, and non-nutritious items.

Food Bank of Central New York's packing guide supports MyPlate.gov.

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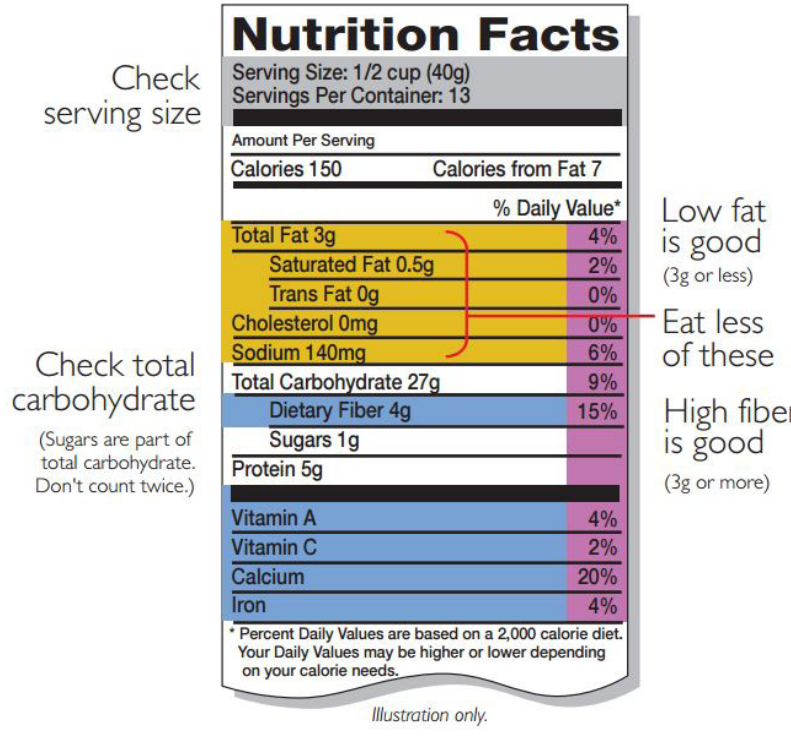
NUTRITION FACTS LABEL



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