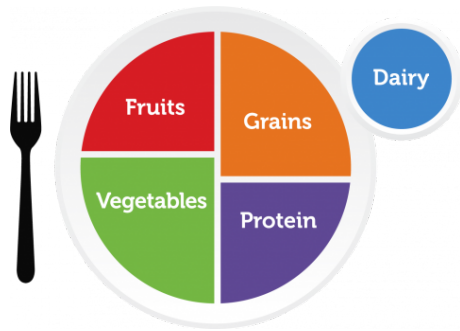


Food Box Nutrition Guide

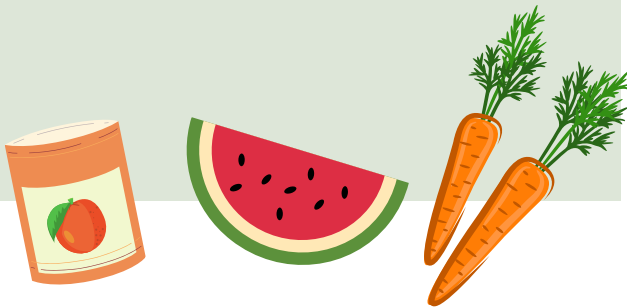


This nutrition guide is designed to help with menu planning for pre-packed food boxes. This guide is designed to build a box that provides **3 meals/day for 2 people for 5 days (30 meals total)**. Each meal contains **2 servings of fruits & vegetables, 1 serving of protein & dairy, and 1 serving of grains**. These are rough guidelines, so use your best judgement based on what is available and practical. **Each of the following equals one "choice" unless otherwise indicated.** The average number of servings per choice varies by food group, which is reflected in the number of recommended choices per box.*

Fruits & Vegetables

15 choices/ box

- Fresh produce - 4 pieces, 1 bunch, 1 head, or 1 pound
- Canned fruit - 15 oz
- Canned vegetables - 15 oz
- Pasta/tomato sauce - 15 oz
- 100% juice - 32-48 oz
- Dried fruit - 6 oz
- Frozen fruit - 12-16 oz
- Frozen vegetables - 12-16 oz



Protein & Dairy

18 choices/ box

- Canned beans/lentils - 15 oz
- Dried beans/lentils - 16 oz (4 choices)
- Canned chicken, fish, pork - 5 oz
- Canned stew or chili - 15 oz
- Milk; shelf stable or fresh - 32 oz
- Dry milk - 1 envelope (3.32 oz)
- Peanut butter - 8-10 oz (2 choices)
- Nuts - 8 oz
- Eggs - 1 dozen (2 choices)
- Frozen meat, fish, poultry - 4 oz
- Yogurt - 32 oz (2 choices)
- Cottage cheese - 8 oz
- Cheese; block, shredded - 4 oz



Grains

5 choices/ box

- Pasta/noodles - 16 oz
- Rice - 16 oz
- Oatmeal - 18 oz
- Cold cereal - 12-16 oz
- Macaroni & cheese - 3 boxes (7.25 oz each)
- Pancake/baking mix - 24-32 oz
- Bread - 1 loaf
- Rolls - 6 count
- Bagels - 6 count



*Note: When selecting foods for boxes, aim for mostly "green" and "yellow" ranked foods according to SWAP guidelines. See backside for details.

Nutrition Guidelines for Ranking Charitable Food

Source: Schwartz M, Levi R, Lott M, Arm K, Seligman H. Healthy Eating Research Nutrition Guidelines for the Charitable Food System. Durham, NC: Healthy Eating Research; 2020. Available at <https://healthyeatingresearch.org>.

Food Category*	Example Products	Choose Often			Choose Sometimes			Choose Rarely		
		Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**	Saturated Fat	Sodium	Added Sugars**
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	≥141 mg	≥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								

* Definitions of food product categories are included in the text of the full report.

**Use the added sugars value when available on the Nutrition Facts Label. If it is not available, use the total sugars value. The thresholds are the same for all categories except fruits and vegetables and dairy. For both fruits and vegetables and dairy, the thresholds for total sugar are ≤12 grams for the “choose often” tier, 13 to 23 grams for the “choose sometimes tier,” and ≥24 grams for the “choose rarely” tier.

*** The threshold for saturated fat is the same for the “choose sometimes” and “choose rarely” categories. All saturated fat values ≥2.5 grams should be ranked as “choose sometimes.” The overall ranking is based on the lowest tier of any nutrient. Thus, a grain with 3 grams of saturated fat (“choose sometimes”), 300 milligrams of sodium (“choose sometimes”), and 13 grams of added sugars (“choose rarely”) would fall into the “choose rarely” tier, while a grain with 3 grams of saturated fat (“choose sometimes”), 300 milligrams of sodium (“choose sometimes”), and 10 grams of added sugars (“choose sometimes”) would fall into the “choose sometimes” tier.

Notes: Tiers can be communicated as “choose often,” “choose sometimes,” and “choose rarely,” or with green, yellow, and red visual cues, according to local preference. Overall food product rankings are determined by the lowest tier of any nutrient. For example, a product that is ranked green (“choose often”) for saturated fat, yellow (“choose sometimes”) for sodium, and red (“choose rarely”) for added sugars would receive a final ranking of red (“choose rarely”).