



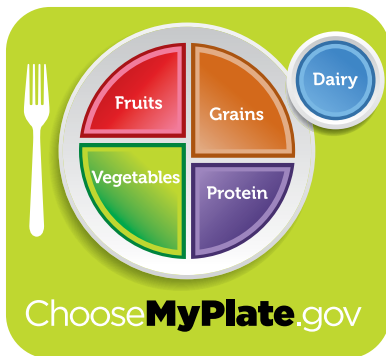
# HEALTHY FOOD DISTRIBUTION DURING EMERGENCIES

Some food pantries are distributing two weeks' worth of food to patrons to minimize physical interactions during the COVID-19 emergency. Use the table below to help support a healthy eating pattern according to USDA's MyPlate recommendations.

The table provides recommendations for the number of food items by food category according to household size.

Household size	Fruits	Vegetables	Meat, beans, peanut butter, & eggs	Dairy, yogurt & cheese	Grains	Meal makers (soups, meals in a box)	Misc. (oils, snacks, sweets, condiments, staples)	Personal items
1	10 items	15 items	20 items	5 items	10 items	15 items	15 items	15 items
2	10 items	15 items	20 items	5 items	10 items	15 items	15 items	15 items
3	15 items	15 items	25 items	5 items	10 items	20 items	20 items	15 items
4	25 items	15 items	25 items	5 items	10 items	20 items	25 items	20 items
5	20 items	25 items	25 items	10 items	15 items	25 items	30 items	20 items
6	25 items	30 items	25 items	10 items	15 items	30 items	30 items	25 items
7	30 items	35 items	25 items	15 items	15 items	35 items	35 items	25 items
8	30 items	40 items	40 items	15 items	15 items	40 items	40 items	25 items

Adapted from the Rainbow of Colors Choice System developed by Ohio State University Extension





## FOOD GROUP CATEGORIES AND PRODUCT LISTING

The following suggested foods meet USDA dietary guidelines.

### Fruits

- Applesauce
- Canned and shelf stable fruits packed in juice
  - Fruit cocktail
  - Peaches
  - Pears
  - Pineapple
  - Grapefruit
- Dried fruit
  - Raisins
  - Apricots
  - Cranberries
  - Banana chips
- 100% fruit juice
- Fresh fruits

### Vegetables

- Canned vegetables
  - Dark greens
  - Carrots
  - Pumpkin
  - Sweet potatoes
  - Corn
  - Green peas
  - Lima beans
  - Asparagus
  - Beets
  - Green beans
  - Mushrooms
  - Tomatoes
- Potatoes
- 100% vegetable juice (i.e. carrot, tomato)
- Fresh vegetables

### Dairy

- Fluid milk
- Evaporated or canned milk
- Non-fat dry milk
- Cheese
- Cottage cheese
- Yogurt
- Soy milk

### Grains

- Bread
- Rice
- Pasta
- Oatmeal
- Grits
- Cream of Wheat
- Cold cereal
- Breakfast or granola bars
- Crackers
- Muffin, cornbread, or pancake mix
- Pitas
- Bagels
- Pretzels
- Stuffing Mix
- Tortillas
- Popcorn

### Protein foods

- Eggs
- Frozen or refrigerated meat/fish
- Canned meats and fish packed in water
  - Chicken
  - Tuna
  - Salmon
  - Sardines
  - Vienna Sausages
  - Spam
- Canned and dry beans
  - Black beans
  - Black-eye peas
  - Chickpeas (garbanzo beans)
  - Kidney beans
  - Navy beans
  - Lentils
  - White beans
- Nuts and seeds
  - Almonds
  - Peanuts
  - Sunflower seeds
  - Pumpkin seeds
  - Pecans
  - Walnuts
  - Sesame seeds
  - Pistachios
  - Mixed nuts
- Nut butter (peanut, almond, etc)
- Chunky soup with meat, chicken and chili

### Meal makers & condiments

- Vegetable soup
- Broth
- Creamed soups
- Canned stews
- Spaghetti sauce
- Meal mixes (Tuna Helper, Hamburger Helper, sloppy joe mix, Macaroni & Cheese)

### Staples, spices & condiments

- Baking mixes
- Baking soda
- Baking powder
- Sugar
- Flour
- Oil (Vegetable and Olive)
- Mayonnaise
- Ketchup
- Mustard
- Gravy
- Salsa
- Salad dressings
- Spices