






# 7 Day Pantry Distribution Chart

The examples used in the chart below are for a SEVEN (7) day package. Each column indicates the total number of items from each food group that should provide enough nutrients for the number of people in the household based on the 2005 Dietary Guidelines. This is simply a guide. Pantries are not required to provide the exact number. Participants may have access to other food sources as well.

Note: Larger containers may count as "2" or "3" items.

## Household Size

Food Group	One Item Is Equal To	1	2	3	4	5	6
<b>Vegetables</b> (5+ servings per person per day) 	Canned Veggie or Veg Soup (10oz-16oz) Frozen Veggie (10oz-16oz) 1 Fresh Bag/Bunch = 2 items (Average 4 servings/item)	9+ items	18+ items	26+ items	35+ items	44+ items	53+ items
<b>Fruits</b> (4+ serv/pp/day) 	Frozen or Canned Fruit (10oz-16oz) Applesauce~26 oz 100% Juice~24 oz 1 Fresh Bag or Bunch = 2 (Average 4 servings/item)	7+ items	14+ items	21+ items	28+ items	35+ items	42+ items
<b>Protein</b> (2 serv/pp/day) 	Canned Beans, Salmon or Meat (12oz-16oz) Frozen Fish or Meat (16 oz) Nuts (5 oz) 6 Eggs (half dozen) Tuna (6 oz - give 2 per item) Dried Beans 1# = 2 items (Average 5 servings/item)	3 items	6 items	8 items	11 items	14 items	17 items
<b>Dairy</b> (3 serv/pp/day) 	(4 servings per quart) You can substitute 4 small yogurt or 4 oz cheese for each qt of milk.	5 quarts Milk	11 qts Milk	16 quarts Milk	21 qts Milk	26 qts Milk	32 qts Milk
<b>Grain</b> (6 serv/pp/day) 	Bread – 1 loaf Pasta/Rice – 2 lb Cereal – 1 box (Average 15 servings/item)	3 items	6 items	8 items	11 items	14 items	17 items
<b>Oils/Fat</b> (2-6 tsp pp/day)	Vegetable Oil (48 oz) Avoid saturated and trans fat	As needed	As needed	As needed	As needed	As needed	As needed
<b>Sweets</b>	Use sparingly	Optional	Optional	Optional	Optional	Optional	Optional

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# Pantry Distribution Tips



1. **Arrange pantry shelves or tables according to the food groups.**
2. **Be generous with fruits and vegetables.** The nutrients in fruits and veggies help build health and immunity. Encourage recipients to choose a variety of orange-yellow, green, and other colorful produce.
3. **Offer whole grains** (whole wheat bread, brown rice, oatmeal) as much as possible. White flour products do not have the valuable nutrients that are in whole grains. *At least* half of our total bread and grain intake should be from whole grains.
4. **Provide lean protein options** such as tuna, beans, and venison. Pantry participants typically get plenty of high fat protein products from other sources. Let's give them something healthier. Also, remember, most American's (even in lower income populations) eat TOO MUCH protein. The size of a "deck of cards" is a protein serving!
5. **Encourage low-fat and non-fat dairy products.** Nonfat is the healthiest for anyone age 2 and older, 1% is the next best. Whole and 2% dairy products contain too much fat and cholesterol that can contribute to heart disease. **TIP:** Non-fat dry milk can be added to recipes for calcium.
6. **Try to limit junk food.** A little is fine, however, most people already get plenty of "empty calories". Request specific donations when possible to reduce amount in pantry.
7. **Hand out healthy recipes and tips** provided by the Food Bank and other sources.