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.

<table>
<thead>
<tr>
<th>Household size</th>
<th>Fruits</th>
<th>Vegetables</th>
<th>Meat, beans, peanut butter, &amp; eggs</th>
<th>Dairy, yogurt &amp; cheese</th>
<th>Grains</th>
<th>Meal makers (soups, meals in a box)</th>
<th>Misc. (oils, snacks, sweets, condiments, staples)</th>
<th>Personal items</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>10 items</td>
<td>15 items</td>
<td>20 items</td>
<td>5 items</td>
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<td>15 items</td>
<td>40 items</td>
<td>40 items</td>
<td>25 items</td>
</tr>
</tbody>
</table>

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

FoodWIse education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.
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

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

**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

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