

Food Bank 3-day Emergency Food Supply

GUIDANCE FOR PROVISION

This document provides guidance for the provision of emergency 3-day food parcels via local networks of Food Banks as part of the response to COVID-19. This guidance has been co-developed by Food Active and North West local authority public health leads to support the local response to providing food access to vulnerable people locally.

Please note:

- It is not expected that all suggestions are possible or feasible and will depend on the supply of stock provided.
- The guidance supports the 5-a-day messaging, with a range of options including tinned, fresh and dried products.
- This guidance is based on the diet of the majority i.e. not vegetarian or vegan
- The guidance has been based on a select number of items which are in the main easy to procure, pack and transport – this includes a large number of tinned goods. If there is the option to include fresh meat and fish, for example, this would be preferred. We would suggest that the meat is non-processed where possible.
- Allergies and dietary requirements due to medical conditions will need to be considered on an individual basis.
- The guidance is supported with meal ideas promoting a balanced diet in a separate document – remember, one or two positive changes to a meal can help towards improving the nutritional content.

NON-PERISHABLE GOODS

Item	Allocation	Suggestions for improvement
Cereal	500g/750g	<ul style="list-style-type: none"> • Low sugar and wholegrain cereals where possible. Suitable options include Shredded Wheat, Weetabix, Cheerio's, Bran Flakes (branded and own brand) • Porridge oats are a cheap and healthy option too • Avoid high sugar cereals such as Frosted Flakes, Crunchy Nut, Lion, Krave, Chocolate flavoured cereals such as Choco Shreddies/Coco Pops/Nesquick, Granolas or Museli flavoured with honey/golden syrup and dried fruit.
Soup (can/packet)	2 x 400g tins	<ul style="list-style-type: none"> • Try to choose low sugar and salt varieties where possible • Try to choose mainly vegetable based soups such as Tomato, Mushroom or Carrot. • Limit 'cream of' soups which can be high in fat • Try to choose soups with added lentils and pulses such as Scotch Broth or Lentil and Vegetable for added fibre and protein.
Beans/spaghetti in sauce	2 x ~400g tins	<ul style="list-style-type: none"> • No added sugar/salt varieties where possible • Avoid products with added meat, such as sausages
Tomatoes/pasta sauce	2 x 410g tin and/or 500g jar	<ul style="list-style-type: none"> • No added sugar/salt • Choose for tomato-based sauces with added vegetables where possible • Avoid creamy sauces such as cheese sauces and carbonara.
Vegetables (tinned)	2 x 300-400g tins	<ul style="list-style-type: none"> • Plain in water, no sauces with added sugar/salt • Variety is important so include different types of vegetables
Instant Mash	1 x ~125g packet	<ul style="list-style-type: none"> • Low salt varieties where possible • Avoid varieties with added meat and cheese

Meat (tinned)	1 x 200-300g tin	<ul style="list-style-type: none"> Choose leaner meats such as chicken breast, turkey or lean varieties of ham/pork where possible
Or Vegetarian	2 x 400g tins	<ul style="list-style-type: none"> Beans and pulses are a good source of plant protein and can be useful in bulking out stews or soups. These include baked beans, Choose unsalted and in water where possible
Fish (tinned / jar)	1 x 125-200g tin	<ul style="list-style-type: none"> Variety is important; try to include one oily fish per week Some people prefer mackerel and sardines in tomato sauce, this is a great option for variety and to increase intake of oily fish
Fruit (tinned)	1 x ~400g tin	<ul style="list-style-type: none"> In fruit/natural juice, not syrup Variety is important
Rice Pudding	1 x 400g tin	<ul style="list-style-type: none"> Low fat/sugar rice pudding, avoid chocolate flavours
Biscuits	1 x ~200g packet	<ul style="list-style-type: none"> Plain biscuits where possible 'Thins' varieties Wholegrain biscuits Avoid large or chocolate coated biscuits Some good examples: Malted Milks, Rich Tea Classics, Digestives, Nice Biscuits, McVities 'Thins'
Pasta or Rice	500g	<ul style="list-style-type: none"> Wholegrain varieties of pasta where possible Easy cook wholegrain varieties of rice where possible (reduces cooking time)
Tea or Coffee	40 bags/small jar	<ul style="list-style-type: none"> Option of decaffeinated tea/coffee where possible Herbal decaffeinated teas where possible
Juice	1 x 1Ltr carton	<ul style="list-style-type: none"> 100% unsweetened juice No added sugar Portion size (150ml) estimates on carton

Milk UHT/powder	1 x 1 Ltr carton	<ul style="list-style-type: none"> Chose semi skimmed (green) or skimmed milk (red) where possible
Jam	1 x 300-400g jar	<ul style="list-style-type: none"> No added sugar or reduced sugar jams or marmalades where possible Own brand varieties available but also Stute or Streamline
Dried pasta and sauce	1 x 100g packet	<ul style="list-style-type: none"> Avoid creamy or meat-based flavours such as macaroni cheese or cheese and bacon Choose tomato-based flavours where possible such as tomato and basil or spicy arrabiata
Chocolate/Snacks	1 choice (volume varies)	<ul style="list-style-type: none"> Avoid large sharing bars of chocolate Choose reduced sugar chocolate or sweets where possible. Healthier options of chocolate bars/snacks include Milkyways, Milkybars, Fibre One Chocolate Brownies, Mikado and Penguins. Malt loaf No added sugar/sugar free jelly pots Rice cakes (not coated in chocolate or yogurt) Baked crisps (avoid sharing packs) Mixed nuts
Cup A Soup	1 x box (4 sachets)	<ul style="list-style-type: none"> Low fat/low salt varieties where possible. Own brand varieties possible but also Bachelors (Slim a Soup)
Noodles	1 x 300g packet OR 1 x ~80g packet of instant noodles	<p>Dried noodles:</p> <ul style="list-style-type: none"> Wholegrain varieties where possible <p>Instant noodles:</p> <ul style="list-style-type: none"> Avoid Ko-Lee, Mamma Pho Ga and Nissin Damae, Sharwood Noodles and Golden Wonder instant noodles (high in salt and/or sugar) Supermarket varieties, particularly Morrisons, Tesco and brand Maggi are lower sugar and/or salt options.

PERISHABLE GOODS

Below is a list of some cheap, healthy and easy to cook items that you could include if you have access to and facilities to store and transport these goods.

Food	Quantity	Suggestions
Fruit pack	2 options (2 bunches or packs)	<p>Variety is important to try to include some different options</p> <ul style="list-style-type: none"> • Apples • Oranges • Bananas • Pears • Plums • Kiwi • Peaches
Vegetable pack	3 options (1 pack, 1 box)	<p>Variety is important to try to include some different options</p> <ul style="list-style-type: none"> • Onions • Celery • Carrots • Cabbage • Garlic • Mushrooms • Broccoli • Green beans • Cauliflower
Dairy products (eggs, fat spreads, cheese, yogurt)		<ul style="list-style-type: none"> • Small/medium/large Eggs (6 pack) • Choose reduced fat/spreads with unsaturated fat oils where possible including olive oil, rapeseed oil, sunflower oil or vegetable oils. Clover, Flora, Bertolli are some branded examples, and supermarkets often sell their own varieties. • Block of cheese (cheddar, red Leicester, double Gloucester, Edam, Soft cheese etc.) – choose reduced fat where possible

		<ul style="list-style-type: none"> • Yogurt pots - Choose lower sugar varieties where possible i.e: Light and Free Greek Style Strawberry Yogurt, Activia or Ski yogurts. Avoid dessert-style yogurts and mousses
Bread	1 unit (quantities vary)	<ul style="list-style-type: none"> • Wholegrain varieties where possible • Sliced bread, tin loaf, baps/rolls, pitta breads, wraps, bagels
Store cupboard essentials	n/a	<ul style="list-style-type: none"> • Stock cubes (reduced salt where possible) • Tomato ketchup (reduced sugar/salt varieties where possible) • Mayonnaise (reduced fat) • Salad cream (reduced fat) • Dried herbs (mixed herbs, thyme, Italian seasoning, paprika) • Tomato puree • Cooking oil (Choose unsaturated oils such as rapeseed oil, sunflower oil or olive oil)
Fresh meat	n/a	<ul style="list-style-type: none"> • Beef mince (lean cuts where possible with 5-12% fat) • Bacon (unsmoked medallions where possible) • Chicken or turkey breasts • Salmon fillets
Frozen food	n/a	<ul style="list-style-type: none"> • Frozen fish fingers or cod/haddock/basa fillets (in breadcrumbs not batter) • Frozen vegetables (mixed vegetables, carrots, broccoli, green beans) • Frozen fruit (mixed berries, blueberries, raspberries)

This guidance was developed by Alex Holt, ANutr. and Beth Bradshaw, ANutr on behalf of Food Active

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E: info@foodactive.org.uk

W: www.foodactive.org.uk

T: @food_active / F: @foodactiveheg