

Emergency Food Parcels for Shielded Individuals

GUIDANCE FOR PROVISION

This document provides guidance for the provision of food parcels for shielded individuals currently being distributed 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:

- The guidance has been produced with a specific audience in mind – those who are a) shielding either due to underlying health conditions or older age, b) do not have friends and family who are able to assist in purchasing food supplies and c) are possibly struggling to afford to purchase healthy food.
- 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. We have suggested 1kg each of fresh vegetables (not including potatoes) and fresh fruit, with the remainder coming from tinned and dried sources.
- 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 recipe ideas promoting a balanced diet - one or two positive changes to a meal can help towards improving the nutritional content.

NON-PERISHABLE GOODS

Food product	Varieties	Suggestions	Quantity (1 week)
Tinned fruit	<ul style="list-style-type: none"> • Peach slices/halves • Pear halves • Pineapple chunks/rings • Mandarins • Prunes • Fruit cocktail 	<ul style="list-style-type: none"> • In fruit/natural juice, not syrup • Variety is important 	3
Dried fruit	<ul style="list-style-type: none"> • Raisins • Apricots • Cranberries • Figs • Prunes • Dates 	<ul style="list-style-type: none"> • Dried fruits with the lowest sugar content include Prunes and Figs • Avoid yogurt or chocolate coated raisins or other dried fruit • Avoid 'candied' dried fruit with added sugar • 100g should be plenty • Snack boxes with 30g or less portions measured out (only 30g counts as one portion of fruit due to high sugar content) • Mixed with nuts where possible. 	1
Dried nuts	<ul style="list-style-type: none"> • Mixed nuts • Peanuts, cashews, almonds 	<ul style="list-style-type: none"> • Choose unsalted where possible • 100g pack should be plenty • Nuts can add nutrients to the diet, and additional calories where required. 	1
Tinned vegetables	<ul style="list-style-type: none"> • Tomatoes • Mushrooms • Carrots • Peas 	<ul style="list-style-type: none"> • Plain in water, no sauces with added sugar/salt • Variety is important 	4

	<ul style="list-style-type: none"> • Sweetcorn • Mixed vegetables 		
Tinned baked beans / Tinned pasta	<ul style="list-style-type: none"> • Baked beans • Spaghetti hoops in tomato sauce • Spaghetti / pasta shapes in tomato sauce 	<ul style="list-style-type: none"> • No added sugar/salt varieties where possible • Avoid products with added meat, such as sausages 	2
Other beans and pulses	<ul style="list-style-type: none"> • Kidney beans • Butterbeans • Cannellini beans • Chickpeas • Lentils 	<ul style="list-style-type: none"> • Unsalted, in water • Beans and pulses are a good source of plant protein and can be useful in bulking out stews or soups 	2
Tinned potatoes	<ul style="list-style-type: none"> • New potatoes 	<ul style="list-style-type: none"> • Plain in water, no sauces with added sugar/salt 	1
Tinned fish	<ul style="list-style-type: none"> • Tuna • Salmon (oily) • Mackerel (oily) • Sardines (oily) 	<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 	2
Tinned meat	<ul style="list-style-type: none"> • Ham • Pork • Corned beef • Cured chicken breast/roll 	<ul style="list-style-type: none"> • Choose lean ham/pork or with a high meat content where possible 	2
Tinned soup	<ul style="list-style-type: none"> • Tomato • Vegetable • Scotch broth • Chicken • Mushroom • Lentil 	<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 soup. • 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. 	4

Box of Cereals	<ul style="list-style-type: none"> • Cornflakes • Puffed rice • Multigrain shapes • Bran flakes • Muesli • Oats 	<ul style="list-style-type: none"> • Low sugar and wholegrain cereals. Suitable options include: Shredded Wheat, Weetabix, Cheerio's, Bran Flakes (branded and own brand) • Porridge oats are a cheap and healthy option 	1
Pasta sauces	<ul style="list-style-type: none"> • Tomato • Tomato and vegetable • Tomato and garlic 	<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. 	2
Pasta/rice/noodles	<ul style="list-style-type: none"> • Pasta • Rice • Noodles 	<ul style="list-style-type: none"> • Wholegrain varieties • Mixture of white and wholegrain 	2
Long life juice	<ul style="list-style-type: none"> • Orange juice • Apple juice • Pineapple juice 	<ul style="list-style-type: none"> • 100% unsweetened juice • No added sugar • Portion size (150ml) estimates on carton 	1
Long life milk	<ul style="list-style-type: none"> • UHT whole milk • UHT semi skimmed milk • UHT skimmed milk 	<ul style="list-style-type: none"> • Chose semi skimmed and skimmed milk where possible 	1
Tea and Coffee	<ul style="list-style-type: none"> • Teabags • Dried instant coffee • Herbal teas 	<ul style="list-style-type: none"> • Option of decaffeinated tea/coffee 	1
Drinks	<ul style="list-style-type: none"> • Squash/dilute 	<ul style="list-style-type: none"> • Choose no-added sugar where possible • Choose double concentrate where possible 	1
Biscuits	<ul style="list-style-type: none"> • Digestives (plain) • Malted milks • Ginger biscuits or Gingerbread 	<ul style="list-style-type: none"> • Plain biscuits where possible • 'Thins' varieties • Wholegrain biscuits • Avoid large or chocolate coated biscuits 	1

	<ul style="list-style-type: none"> • Bourbons • Rich Tea • Thins (Oreos / Digestive) • Pink wafers • Fruit shortcake • Belvita milk and cereal biscuits 		
Puddings	<ul style="list-style-type: none"> • Rice pudding • Custards • Jelly • Angel delight 	<ul style="list-style-type: none"> • Low fat rice pudding, avoid chocolate flavours • Low fat custards • No added sugar/sugar free jelly pots • No added sugar angel delight 	2
Miscellaneous	<ul style="list-style-type: none"> • Stock cubes • Dried herbs • Cooking oil • Condiments 	<ul style="list-style-type: none"> • Vegetable stock cubes (reduced salt where possible) • Mixed herbs or Italian seasoning. • Choose unsaturated oils such as rapeseed oil, sunflower oil or olive oil • Tomato ketchup, Brown sauce, mayonnaise, marmite (reduced fat/sugar/salt where possible) 	-

PERISHABLE GOODS

Food product	Varieties	Suggestions	Quantity (1 week)
Bread	<ul style="list-style-type: none"> • Sliced bread • Wraps • Pitta breads • Rolls • Crackers 	<ul style="list-style-type: none"> • Wholegrain varieties or 50/50 where possible 	1
Fat spreads	<ul style="list-style-type: none"> • Salted butter • Unsalted butter • Spreads • Low fat spread 	<ul style="list-style-type: none"> • 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. 	1
Eggs	<ul style="list-style-type: none"> • Pack of 6 eggs 	<ul style="list-style-type: none"> • Choose free range where possible • Large 	1
Fruit pack	<ul style="list-style-type: none"> • Oranges • Apples • Bananas • Plums • Kiwis etc. 	<ul style="list-style-type: none"> • 1kg pack to support 5-a-day • Variety is important; chose a selection of different fruits 	1
Cheese	<ul style="list-style-type: none"> • Cheddar • Red Leicester • Double Gloucester • Soft cheese (plain or flavoured) • Edam 	<ul style="list-style-type: none"> • Choose reduced fat cheese where possible 	1
Vegetable pack	<ul style="list-style-type: none"> • Potatoes 	<ul style="list-style-type: none"> • 1kg pack (not including potatoes), to support 5-a-day 	1

	<ul style="list-style-type: none"> • Carrots • Celery • Broccoli • Onions • Cauliflower • Courgettes <p>Salad vegetables:</p> <ul style="list-style-type: none"> • Cucumber • Lettuce • Tomatoes 	<ul style="list-style-type: none"> • Variety is important; choose a selection of different vegetables • Try to include both cooking vegetables and salad vegetables, where possible 	
Yogurt	<ul style="list-style-type: none"> • Greek or natural yogurt • Flavoured yogurts 	<ul style="list-style-type: none"> • 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 	2
Pudding	<ul style="list-style-type: none"> • Cakes • Slices 	<ul style="list-style-type: none"> • Avoid chocolate cakes and bakes • Lower sugar cakes could include Malt loaf, Fairy Cakes, Madeira (un-iced) and Madeleines, 	2

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

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