Step-by-step guide to compliance

Dairy/Dairy Alternatives

Requirements

- 8 gallons/pounds total
- 3 varieties; at least 2 must be milk/milk alternatives
 - Milk: 1qt. or larger; unsweetened, unflavored, fluid cow's milk (skim, 1%, or 2%) or "plain"/ "original" milk alternatives
 - o Kefir: 1 qt. or larger; any flavor
 - o Cheese: 8 oz. or larger; no "processed cheese products"
 - o Yogurt: 22 oz. or larger (or multi-packs totaling 22 oz.); any flavor

How to:

- 1. Choose three varieties to stock
- 2. Choose package sizes based on requirements above
- 3. Choose quantities
- 4. Calculate total gallons/pounds

	riety	Package	Quantity					
		Size						
Exa	Example 1							
1.	Cow's Milk-Skim	Half-gallon	1 gallon					
		Gallon	3 gallons					
2.	Cow's Milk-1%	Gallon	2 gallons					
3.	Cheese	8 oz.	2 lbs.					
To	tal		8 gallons/lbs		0			
Exa	ample 2							
1.	Cow's milk	Half-gallon	2 gallons		ONG NA			
		gallon	3 gallons		SHAYSMAN CANSINGLY			
2.	Dairy Alternative	2 qt.	2 gallon		Almond Lifeway. organickEIR			
3.	Kefir	1 qt.	1 gallon		A-VEALS IN THE RESIDENCE TO THE RESIDENC			
To	tal		8 gallons		RESIDEN			
Exa	ample 3							
1.	Cow's milk	Gallon	3 gallons	• • •	DECADO DEFENE			
2.	Dairy Alternative	2 qt.	1 gallon		Silk			
3.	Yogurt	32 oz.	4 lbs.		ANTERIO MANAGEMENT ANTERIOR DE LA CONTRACTION DEL CONTRACTION DE LA CONTRACTION DE L			
To	tal		8 gallons/lbs					

Step-by-step guide to compliance

Animal/Vegetable Protein

Requirements

- No quantity requirement
- 4 varieties of meat, poultry, canned fish packed in water, vegetable proteins (e.g. nut butter, tofu), or fresh eggs
 - O Eggs: any egg size, any fresh egg type, any container size
 - O Nut butters: up to 18 oz. containers with no added food products (e.g. chocolate, honey)

How to:

1. Choose four varieties to stock

Vari	iety	
Exa	mple 1	
1.	Fresh eggs	FRESH FRESH FRESH FRESH FRESH STORY
2.	Canned chicken	EGG-IAND'S BEST Summing Signature Transport of the State
3.	Canned fish packed in water	SVPPY SVPPY
4.	Nut butter	CHICKEN BREAST
Exa	mple 2	
1.	Fresh/frozen meat	
2.	Fresh/frozen fish	COD StarKist
3.	Tofu	Pink Salmon
4.	Canned fish packed in water	WHITE SETS SEED STOPE ST
Exa	mple 3	
1.	Fresh/frozen meat	PACIFIC
2.	Fresh/frozen poultry	COD
3.	Fresh eggs	SANDER OF THE PROPERTY OF THE
4.	Fresh/frozen fish	de transf

Step-by-step guide to compliance

Fruits & Vegetables

Requirements

- 30 lbs. or 50 items total, fresh and/or frozen (no added ingredients including sweeteners, salt, sauces, or seasonings)
- 7 varieties; at least 4 must be fresh (up to 3 frozen)
 - O No more than 50% from a single variety

How to:

- 1. Choose seven varieties to stock
- 2. Choose at least four of those varieties as fresh
- 3. Choose quantities
- 4. Calculate total items/pounds

Va	riety	Fresh	Quantity	
Exa	ample 1		•	
1.	Fresh fruit	Х	10 items	
2.	Fresh fruit	Х	10 items	
3.	Fresh vegetable	Х	8 items	
4.	Fresh vegetables	Х	7 items	
5.	Frozen fruit		5 items	
6.	Frozen fruit		5 items	
7.	Frozen vegetable		5 items	
To	tal		50 items	
1.	Fresh fruit	Χ	8 items	
2.	Fresh fruit	Χ	8 items	
3.	Fresh fruit	Χ	8 items	Cascadian
4.	Fresh vegetable	Χ	8 items	THE REAL PROPERTY AND ADDRESS OF THE PARTY AND
5.	Fresh vegetable	Χ	8 items	OMESSICALLY STREET
6.	Frozen fruit		5 items	
7.	Frozen vegetable		5 items	
To	tal		50 items	•
1.	Fresh fruit	Χ	10 lbs.	
2.	Fresh fruit	Χ	10 lbs.	
3.	Fresh vegetable	Х	8 lbs.	
4.	Fresh vegetable	Χ	7lbs.]
5.	Frozen fruit		5 lbs.	
6.	Frozen fruit		5 lbs.	
7.	Frozen vegetable		5 lbs.	
To	tal		50 lbs.	







Step-by-step guide to compliance

100% Juice

Requirements:

- 6 containers of 100% juice
 - o Frozen/non-frozen concentrate: 11.5-12 oz. containers
 - O Juice: 59 oz. or larger containers
- At least 2 containers must be 100% citrus (orange, grapefruit, or orange/grapefruit)

How to:

- 1. Choose any number of varieties to stock
- 2. Choose container type
- 3. Calculate total number of containers making sure at least two are citrus

Variety	Citrus	Container	Quantity	
Example 1		•		
1. 100% Orange	X	59 oz. juice	6 containers	
Total			6 containers	
Example 2		•	•	
1. 100% Apple		59 oz. juice	4 containers	AAAA
2. 100% Grapefruit	Х	12 oz. frozen concentrate	2 containers	
Total			6 containers	APPLE LUCE WILLERS (Mag)
Example 2				TOTAL CONTRACTOR OF THE PARTY O
1. 100% Grape		59 oz. juice	2 containers	The State of the S
2. 100% Apple		12 oz. frozen concentrate	2 containers	ed Is
3. 100% Orange	Х	12 oz. frozen concentrate	2 containers	
Total			6 containers	

Step-by-step guide to compliance

Whole Grains

Requirements:

- 8 pounds total
- 6 varieties
- Any size container (except no single-servings)
- A whole grain must be the first ingredient

How to:

- 1. Choose six varieties to stock
- 2. Choose container sizes
- 3. Choose quantities
- 4. Calculate total pounds

Va	riety	Container Size	Quantity	
Exa	ample 1		-	
1.	100% whole wheat bread	1.5 lb. loaves	3 lbs.	16:2
2.	100% whole grain English muffins	12 oz. package	.75 lbs.	TO I STATE OF THE PROPERTY OF
3.	Corn tortillas	1 lb. package	2 lbs.	OC Sentioned On Sentioned On Senting S
4.	Boxed cereal	12 oz. package	.75 lbs.	TOTAL PORT & STATE AND A STATE
5.	Quinoa	1 lb. package	1 lb.	69 Ancient Environment TRADITIONAL QUINOAL
6.	Brown Rice	1 lb. bag	1lb.	OSTAND SHIFT WOOG STAND
То	tal		8.5 lbs.	MONETON SOFT
Exa	ample 2			
1.	100% whole grain tortillas	1 lb. package	2 lbs.	Thomas And Legisland
2.	Corn tortillas	1 lb. package	1 lb.	E CATE
3.	Quinoa	1 lb. package	1 lb.	logsled Oats
4.	Brown Rice	1 lb. package	1 lb.	Natural Brown Bico
5.	Red rice	1 lb. package	1 lb.	The second contraction of the second contrac
6.	Oatmeal	30 oz. package	2 lb.	WHALE MAR
То	tal		8 lbs.	

Step-by-step guide to compliance

Legumes

Requirements:

- 256 oz. total (~20, 13-oz. cans)
- 4 varieties
- Up to 32 oz. packages/containers
- No added ingredients

How to:

- 1. Choose four varieties to stock
- 2. Choose package/container sizes
- 3. Choose quantities
- 4. Calculate total ounces

Va	riety	Container Size	Quantity		
Ex	ample 1				
1.	Canned beans	15 oz.	60 oz.		
2.	Canned beans	15 oz.	60 oz.	Sabono Vogis	Statement Blank
3.	Canned beans	15 oz.	60 oz.	LA PREFERIDA	
4.	Lentils	16 oz.	64 oz.	Lentils Lentejas	EN TERMINA
То	tal		260 oz.		
Ex	ample 2				
1.	Dried beans	16 oz.	64 oz.		
2.	Dried beans	16 oz.	64 oz.	Kunser #	ACK BEADS
3.	Dried beans	32 oz.	64 oz.		
4.	Dried Beans	32 oz.	64 oz.		
То	tal		256 oz.		S71
Ex	ample 3				
1.	Canned beans	15 oz.	75 oz.		
2.	Canned beans	15 oz.	75 oz.		
3.	Dried beans	16 oz.	48 oz		
4.	Dried beans	16 oz.	64 oz.		
То	tal		262 oz.		