

# Minneapolis Staple Foods Ordinance:

## 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
  - Kefir: 1 qt. or larger; any flavor
  - Cheese: 8 oz. or larger; no "processed cheese products"
  - 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

#### Examples:

Variety	Package Size	Quantity	
Example 1			
1. Cow's Milk-Skim	Half-gallon Gallon	1 gallon 3 gallons	
2. Cow's Milk-1%	Gallon	2 gallons	
3. Cheese	8 oz.	2 lbs.	
Total		8 gallons/lbs	
Example 2			
1. Cow's milk	Half-gallon gallon	2 gallons 3 gallons	
2. Dairy Alternative	2 qt.	2 gallon	
3. Kefir	1 qt.	1 gallon	
Total		8 gallons	 
Example 3			
1. Cow's milk	Gallon	3 gallons	
2. Dairy Alternative	2 qt.	1 gallon	
3. Yogurt	32 oz.	4 lbs.	
Total		8 gallons/lbs	 

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### 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
  - Eggs: any egg size, any fresh egg type, any container size
  - Nut butters: up to 18 oz. containers with no added food products (e.g. chocolate, honey)

#### How to:

1. Choose four varieties to stock

#### Examples:

Variety				
Example 1				
1. Fresh eggs				
2. Canned chicken				
3. Canned fish packed in water				
4. Nut butter				
Example 2				
1. Fresh/frozen meat				
2. Fresh/frozen fish				
3. Tofu				
4. Canned fish packed in water				
Example 3				
1. Fresh/frozen meat				
2. Fresh/frozen poultry				
3. Fresh eggs				
4. Fresh/frozen fish				

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### 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)
  - 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

#### Examples:

Variety	Fresh	Quantity	
<b>Example 1</b>			
1. Fresh fruit	X	10 items	
2. Fresh fruit	X	10 items	
3. Fresh vegetable	X	8 items	
4. Fresh vegetables	X	7 items	
5. Frozen fruit		5 items	
6. Frozen fruit		5 items	
7. Frozen vegetable		5 items	
<b>Total</b>		<b>50 items</b>	
1. Fresh fruit	X	8 items	
2. Fresh fruit	X	8 items	
3. Fresh fruit	X	8 items	
4. Fresh vegetable	X	8 items	
5. Fresh vegetable	X	8 items	
6. Frozen fruit		5 items	
7. Frozen vegetable		5 items	
<b>Total</b>		<b>50 items</b>	
1. Fresh fruit	X	10 lbs.	
2. Fresh fruit	X	10 lbs.	
3. Fresh vegetable	X	8 lbs.	
4. Fresh vegetable	X	7lbs.	
5. Frozen fruit		5 lbs.	
6. Frozen fruit		5 lbs.	
7. Frozen vegetable		5 lbs.	
<b>Total</b>		<b>50 lbs.</b>	

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#### 100% Juice


##### *Requirements:*

- 6 containers of 100% juice
  - Frozen/non-frozen concentrate: 11.5-12 oz. containers
  - 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

##### *Examples:*

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	
2. 100% Grapefruit	X	12 oz. frozen concentrate	2 containers	
Total			6 containers	
Example 2				
1. 100% Grape		59 oz. juice	2 containers	
2. 100% Apple		12 oz. frozen concentrate	2 containers	
3. 100% Orange	X	12 oz. frozen concentrate	2 containers	
Total			6 containers	

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### 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

#### Examples:

Variety	Container Size	Quantity	
<b>Example 1</b>			
1. 100% whole wheat bread	1.5 lb. loaves	3 lbs.	
2. 100% whole grain English muffins	12 oz. package	.75 lbs.	
3. Corn tortillas	1 lb. package	2 lbs.	
4. Boxed cereal	12 oz. package	.75 lbs.	
5. Quinoa	1 lb. package	1 lb.	
6. Brown Rice	1 lb. bag	1lb.	
<b>Total</b>		<b>8.5 lbs.</b>	
<b>Example 2</b>			
1. 100% whole grain tortillas	1 lb. package	2 lbs.	
2. Corn tortillas	1 lb. package	1 lb.	
3. Quinoa	1 lb. package	1 lb.	
4. Brown Rice	1 lb. package	1 lb.	
5. Red rice	1 lb. package	1 lb.	
6. Oatmeal	30 oz. package	2 lb.	
<b>Total</b>		<b>8 lbs.</b>	



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#### 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

##### *Examples:*

Variety	Container Size	Quantity	
<b>Example 1</b>			
1. Canned beans	15 oz.	60 oz.	
2. Canned beans	15 oz.	60 oz.	
3. Canned beans	15 oz.	60 oz.	
4. Lentils	16 oz.	64 oz.	
<b>Total</b>		<b>260 oz.</b>	
<b>Example 2</b>			
1. Dried beans	16 oz.	64 oz.	
2. Dried beans	16 oz.	64 oz.	
3. Dried beans	32 oz.	64 oz.	
4. Dried Beans	32 oz.	64 oz.	
<b>Total</b>		<b>256 oz.</b>	
<b>Example 3</b>			
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.	
<b>Total</b>		<b>262 oz.</b>	

