

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	
Example 1			
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	
Total		50 items	
			
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	
Total		50 items	
			
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.	
Total		50 lbs.	

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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	
Example 1			
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.	
Total		8.5 lbs.	
Example 2			
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.	
Total		8 lbs.	

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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	
Example 1			
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.	
Total		260 oz.	
Example 2			
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.	
Total		256 oz.	
Example 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.	
Total		262 oz.	