

# Nutrition Inventory Systems for Small Food Banks

Presented by  
Kyli Gallington  
A-TCAA Food Bank

# Why do we need to inventory nutrition now?

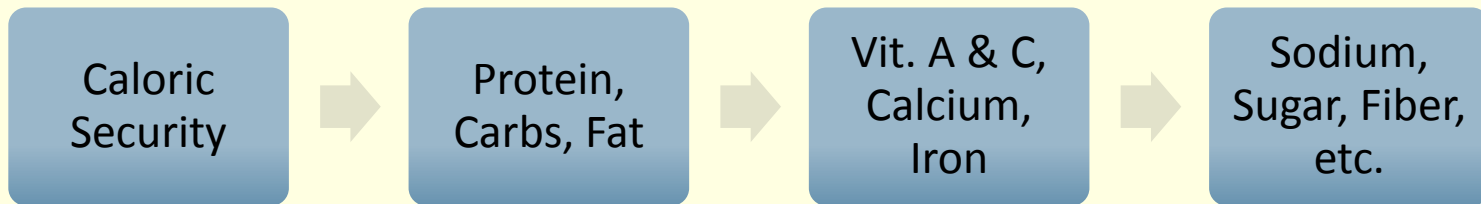
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- Inflation
- Purchasing/Food Specific Drives
- Responsibility
- Increase in Disease

# What outcomes do we need from a nutrition inventory system?

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- Identify Holes in Safety Net, specifically 4 levels:



- Identify Nutrition of Stock Foods
- Inform Procurement/Drive and Distribution
- Reflect Customer Preference

Outcome: Confidence

# What limitations need to be considered of smaller food banks?

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- Staff available → ■ User-Friendly
- Costs → ■ Affordable
- Access to nutrition expertise → ■ Easy to Understand

# Does it already exist?

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- Research existing nutrition systems
  - Asked about:
    - Inventory Systems
    - Nutrition Surveys
    - Nutrition Programs & Funding

# Inventory... What?

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*Ceres*




*Red, Yellow,  
Green Light*

*Food Categories*

*CHOP*

*NAVision*

# What's available?

Nutrition Inventory Model	What does it measure?	What does it cost?
<p><b>Food Group</b></p>  <p><b>Categories</b></p>	<p>Divides foods into food groups, tracks what % of inventory is in each group.</p>	<ul style="list-style-type: none"> <li>• Software: None</li> <li>• Setup: Minimal</li> <li>• Maintenance: Minimal, user-friendly</li> </ul>
<p><b>Red, Yellow, Green Light</b></p> 	<p>Ranks food by Red, Yellow, Green, tracks what % of inventory is in each rank.</p>	<ul style="list-style-type: none"> <li>• Software: May help</li> <li>• Setup: Some training and data entry</li> <li>• Maintenance: Some staff training to categorize new foods</li> </ul>
 <p><b>CHOP</b> Choose Healthy Options Program a project of Greater Pittsburgh Community Food Bank</p>	<p>Scores food as 1, 2, 3 based on nutrition information, tracks scores in inventory.</p>	<ul style="list-style-type: none"> <li>• Software: Recommended</li> <li>• Setup: Training to calculate CHOP scores, setting scores for foods</li> <li>• Maintenance: Trained staff regularly add new foods</li> </ul>

# How do these nutrition models meet our needs?

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1. Identifies “Holes” at different nutrient levels
  - a) (calories to small nutrients such as fiber)
2. Identifies Nutrition of Stock Foods
3. Informs Procurement/Drive and Distribution decisions
4. Reflects Customer Preference
5. User-friendly
6. Affordable
7. Easy to understand without nutrition expertise
8. Gives us confidence that we’re meeting nutrition needs



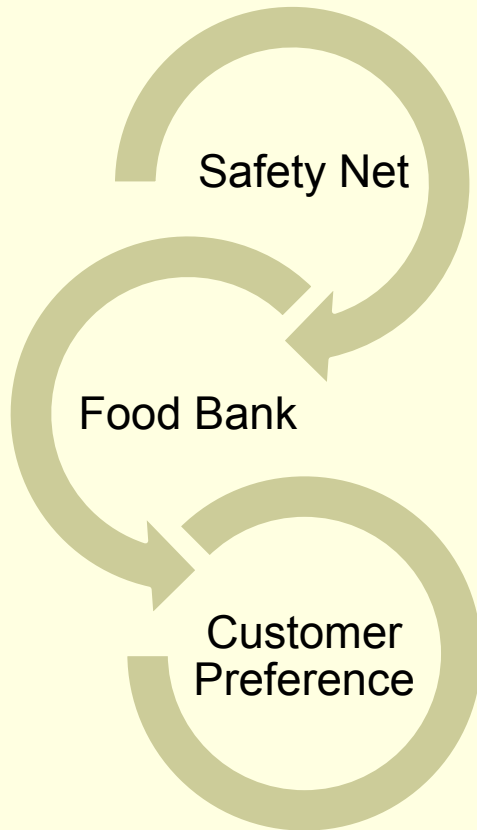
# Where do we go from here?

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# A 3-Part Approach

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1. What foods did they get? What didn't they get?

2. What do we have in stock? What do we need to get?

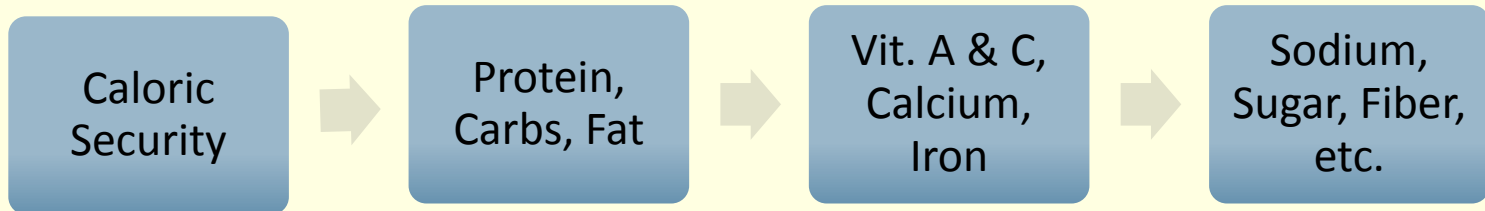
3. Will customers eat it?

# 1. Safety Net

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- What did they get? What didn't they get?

1. Food Pantry Survey: Snapshot
2. Analyze nutrition at the 4 Levels:

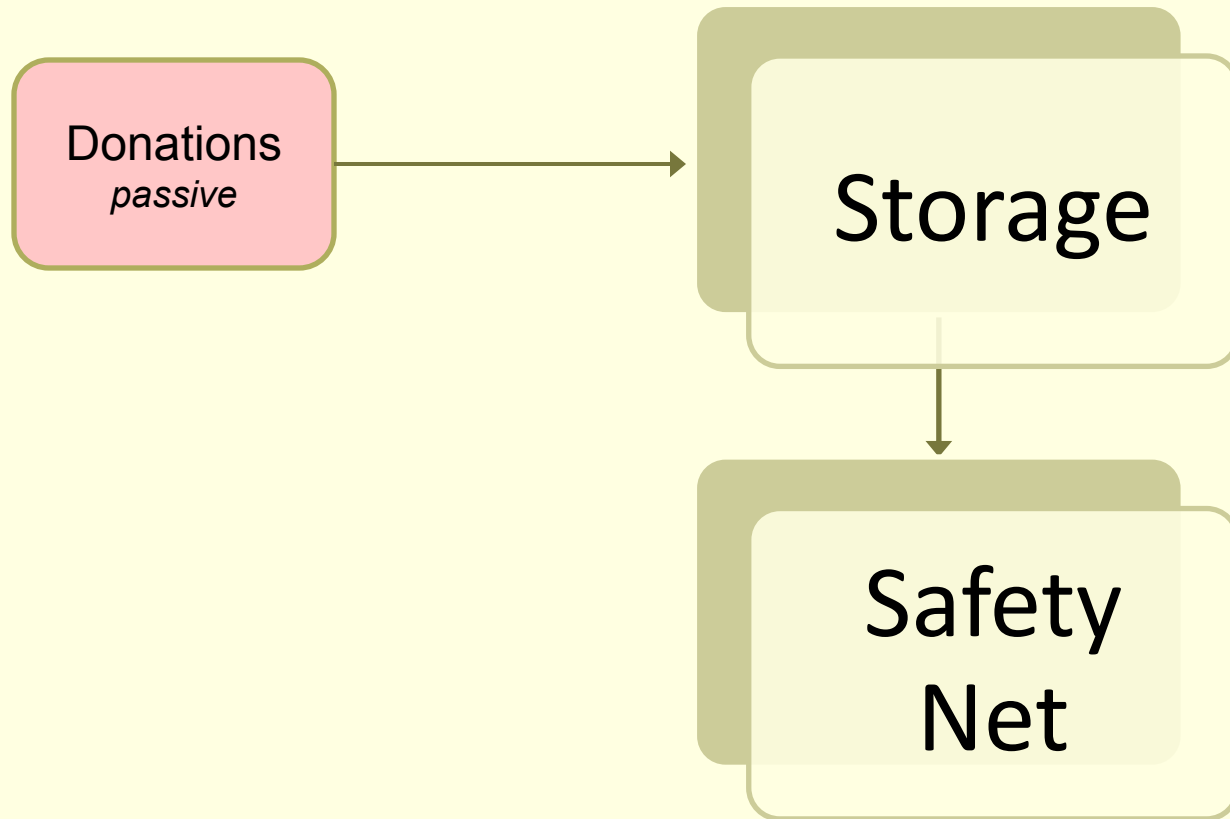


3. Identify “holes” in the nutrition Safety Net

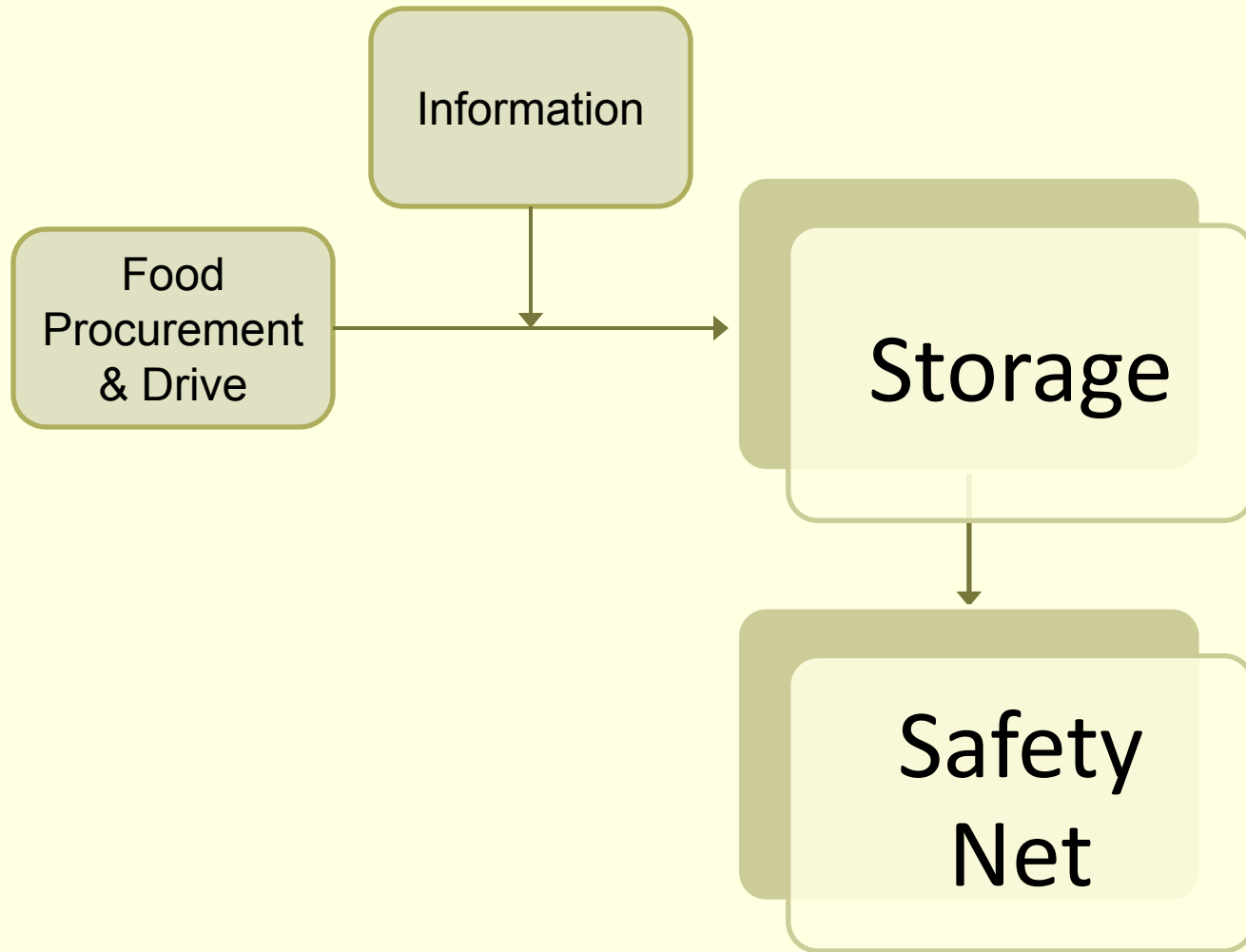


## 2. Food Bank

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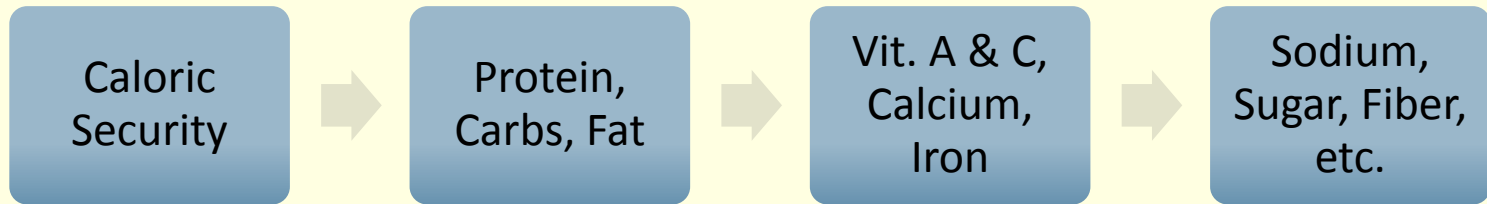
## 2. Food Bank



# Food Bank Inventory

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- What do we have in stock?
  - Inventory for nutrition at 4 levels



- Identify adequacies and deficiencies at 4 levels
- Make procurement/drive and distribution decisions to address deficiencies

# 3. Customer Preference

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- Will customers eat it?
  - Survey to identify customer preference
  - Include preferences in procurement and drive decisions



# Customer Preferences Survey

5. Circle all you like or are willing to try:

Broccoli

Spinach

Bell Peppers

Zucchini

Squash

Lettuce

Tomatoes

Artichokes

Sweet Potatoes

Brussel Sprouts

Mushrooms

Yams

Asparagus

Carrots

Russet Potatoes

Swiss Chard

Other Vegetables: \_\_\_\_\_

6. Circle all you like or are willing to try:

Apples

Oranges

Apricots

Tangerines

Bananas

Strawberries

Plums

Pears

Canteloupe

Pineapple

Nectarines

Raisins

Prunes

Orange Juice

Other Fruits: \_\_\_\_\_

7. Circle all you like or are willing to try:

Yogurt

Eggs

Milk

Cottage Cheese

Peanut Butter

Tofu

Soymilk

Lentils

Navy Beans

Pinto Beans

Split peas

Lima Beans

Corrmeal

Parmesan Cheese

Cheddar Cheese



# Developing the System...

# 1. Safety Net Analysis

## Food Pantry Nutrition Inventory

RDA Standards	Calculated for	Calories	Total Fat (g)	% Cal. Fat	Total Carb (g)	% Cal. Carb	Total Protein (g)	% Cal. Pro
RDA for 2000 Calorie Diet	Daily	2000	65	29%	300	60%	50	10%
RDA for 2000 Calorie Diet	Monthly	60000	1950	29%	9000	60%	1500	10%

Food Pantry: \_\_\_\_\_

Distribution Date: \_\_\_\_\_

Food Item	Quantity	Unit	Calories	Total Fat (g)	% Cal. Fat	Total Carb (g)	% Cal. Carb	Total Protein (g)	% Cal. Pro
Red. Fat 2% Milk, UHT	1	Quart	400	10	23%	48	48%	32	32%
Pork and Beans	15	oz	385	3.5	8%	80.5	84%	21	22%
French Bread	1	Loaf	2630	29	10%	498	76%	85	13%
Honey Nut Cheerios	20	oz	1764	18	9%	264	60%	24	5%
Hamburger Helper, Stroganoff	5.6	oz	1100	5	4%	230	84%	30	11%
		Total	11839	112.2	9%	2125.2	72%	514	17%
VARIANCE			-48165	-1837.8	-20%	-6874.8	12%	-986	7%

# 1. Safety Net Totals

## Tuolumne County Safety Net Nutrition Inventory

RDA Standards	Calories	Total Fat (g)	% Cal. Fat	Total Carb (g)	% Cal. Carb	Total Protein (g)	% Cal. Pro	Vit A (IU)	Vit C (mg)
Daily RDA*	2000	65	29%	300	60%	50	10%	5000	60
Monthly RDA*	60000	1950	29%	9000	60%	1500	10%	150000	1800

\*Based on a 2000-Calorie Diet

Date Collected: \_\_\_\_\_

	Calories	Total Fat (g)	% Cal. Fat	Total Carb (g)	% Cal. Carb	Total Protein (g)	% Cal. Pro	Vit A (IU)	Vit C (mg)
Pantry 1	10535	162	14%	1125	43%	547	21%	50960	778.2
Pantry 2	13135	62	4%	3125	95%	481	15%	62960	912.8
Pantry 3	12535	132	9%	2585	82%	581	19%	62392	807.4
Pantry 4	11135	92	7%	1665	60%	447	16%	51528	883.6
Pantry 5	11835	112	9%	2125	72%	514	17%	56960	845.5
<b>Total</b>	<b>59175</b>	<b>561</b>	<b>9%</b>	<b>10626</b>	<b>72%</b>	<b>2570</b>	<b>17%</b>	<b>284800</b>	<b>4227.3</b>
<b>Variance</b>	<b>-825</b>	<b>-1389</b>	<b>-20%</b>	<b>1626</b>	<b>12%</b>	<b>1070</b>	<b>7%</b>	<b>134800</b>	<b>2427.3</b>

# 2. Food Bank Stock

A-TCAA Food Bank Nutrition Inventory								
Date Collected: _____								
Food Item	Quantity	Unit	Calories	Total Fat (g)	% Cal. Fat	Total Carb (g)	% Cal. Carb	Total Protein (g)
Red. Fat 2% Milk, UHT	900	Quart	360000	9000	23%	43200	48%	28800
Honey Nut Cheerios	900	Boxes	1587600	16200	9%	237600	60%	21600
Whole kernel corn, canned	2448	Cans	514080	8568	15%	94248	73%	17136
Cut Green Beans	2448	Cans	146880	0	0%	29376	80%	7344
Russet Potatoes	2000	lbs	71668000	72000	1%	16394000	91%	1942000
Tuna, Chunk Light, canned	2040	Cans	326400	4080	11%	0	0%	73440
Macaroni and Cheese	2400	Boxes	1800000	14400	7%	345600	77%	64800
<b>Total</b>			76402960	124248	1%	17144024	90%	2155120
<b>Program Pantry Grand Variance</b>			-825	-1389	-20%	1626	12%	1070
<b>Recommendation</b>			Move stock	Move stock	See procurement guidelines	No action	No action	No action



# Food Procurement Guidelines

Food Procurement Guidelines for A-TCAA Food Bank

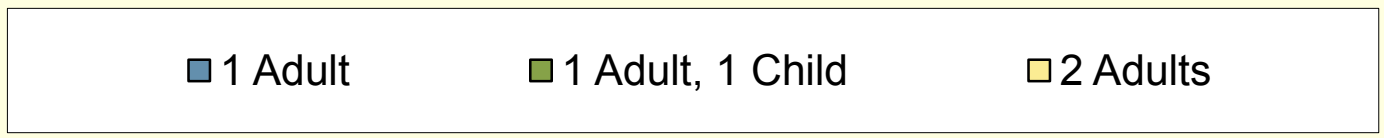
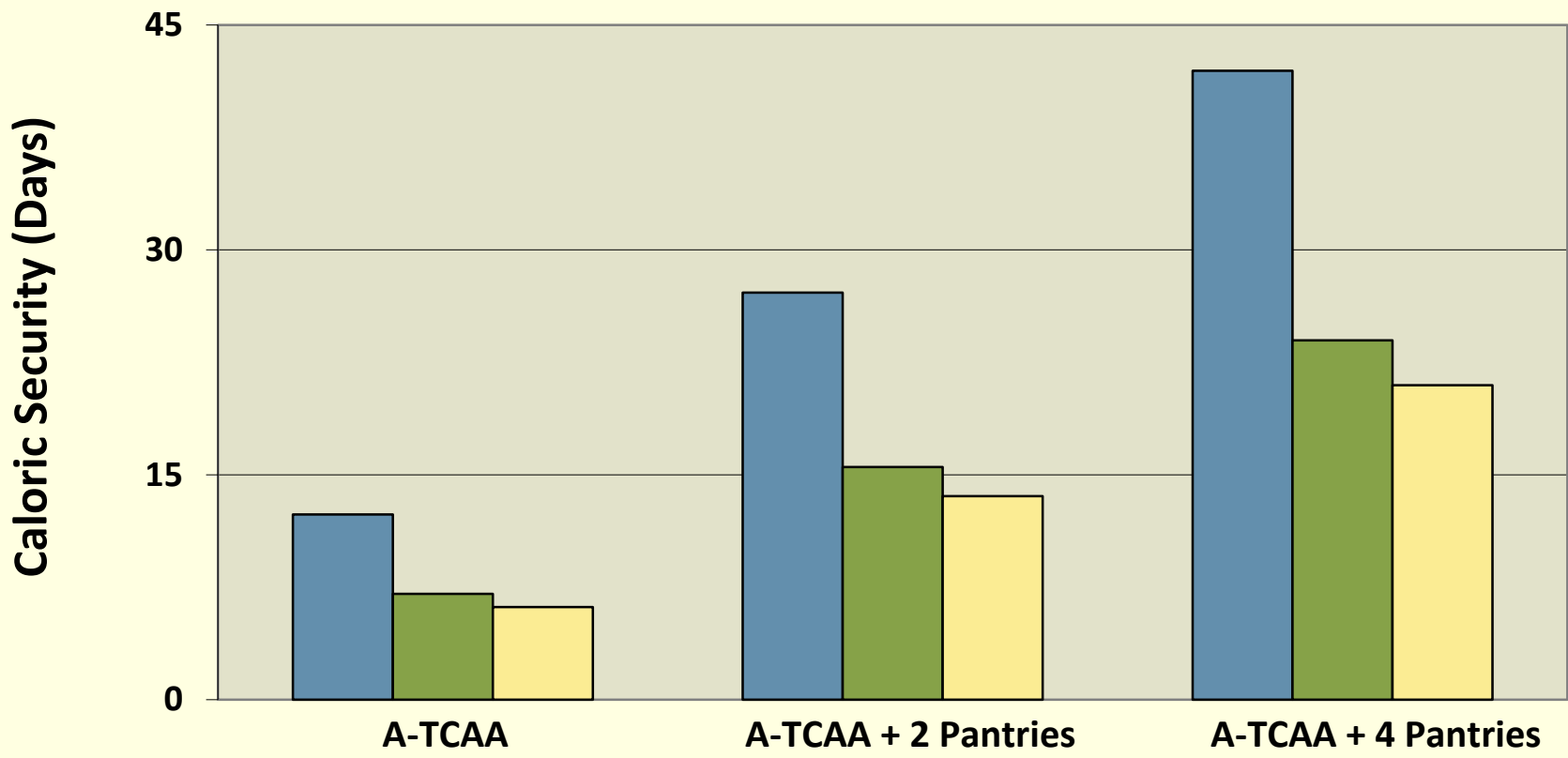
Food Item	Quantity	Unit	Preference	Calories	Total Fat (g)	% Cal. Fat	Total Carb (g)	% Cal. Carb	Total Protein (g)	% Cal. Pro
Parmesan Cheese	1	lb		1775	117	59%	14.6	3%	161.9	36%
Orange Juice	48	oz		1080	0	0%	240	89%	24	9%
Cheddar Cheese	1	lb		1440	160	100%	0	0%	96	27%
Plain Nonfat Yogurt	32	oz		480	0	0%	76	63%	40	33%
Milk, 2%, UHT	1	Quart		400	10	23%	48	48%	32	32%
Soymilk, Plain	1	Quart		360	16	40%	32	36%	28	31%
Navy Beans, Dried	1	lb		1529	6.8	4%	284.5	74%	89.9	24%
Pinto Beans, Dried	1	lb		1467	6.7	4%	269	73%	92.4	25%
Spinach	1	Bunch		78	1.3	15%	12.3	63%	9.7	50%
Oranges	5	Medium		343	1.1	3%	87.8	102%	6.4	7%
Broccoli	1	Bunch		207	2.2	10%	40.4	78%	17.1	33%
Tofu	13.5	oz		360	18	45%	13.5	15%	40.5	45%
Eggs	12	Large		720	48	60%	0	0%	72	40%
Lentils, Dried	1	lb		1292	4.2	3%	224.2	69%	100.5	31%
Lima Beans, Dried	1	lb		1297	4.3	3%	235.5	73%	88	27%
Winter Squash	2	lb		243	2.3	9%	58.1	96%	5.9	10%
Sweet Potatoes	4	Medium		410	0.7	2%	94.4	92%	9.2	9%



# First Results...

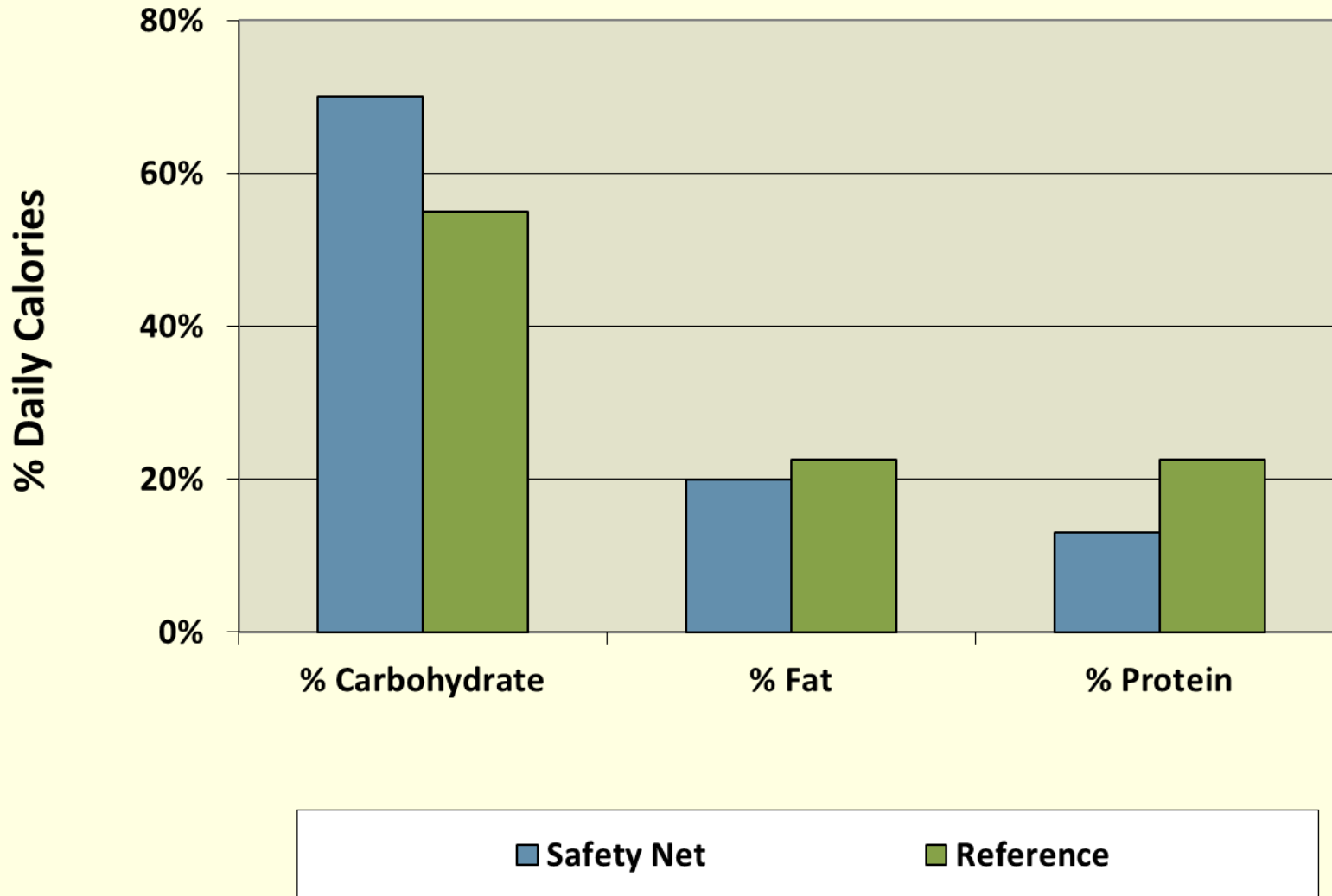
# How Long Will Your Food Last?

## Evaluating Caloric Security for 1-2 Person Households

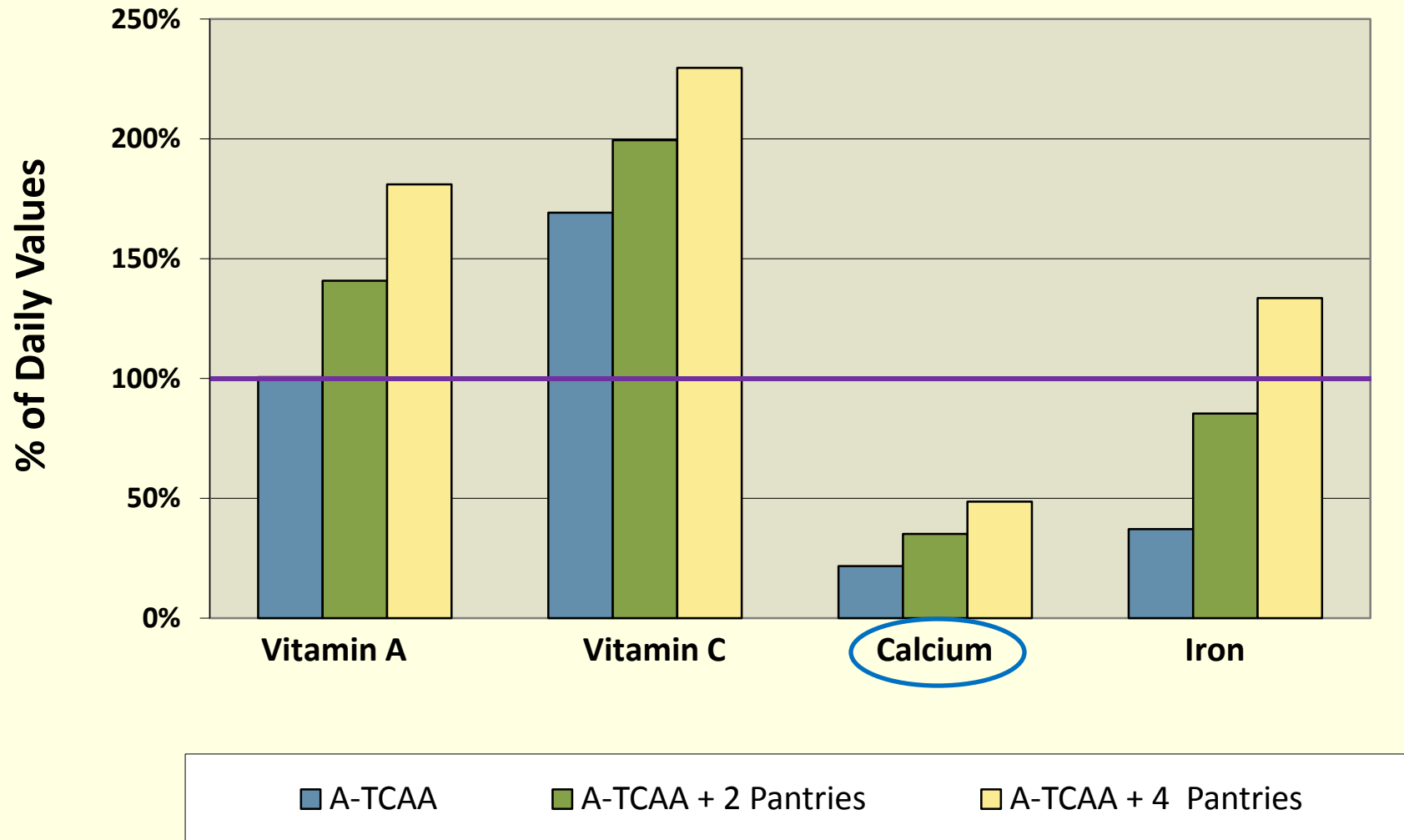




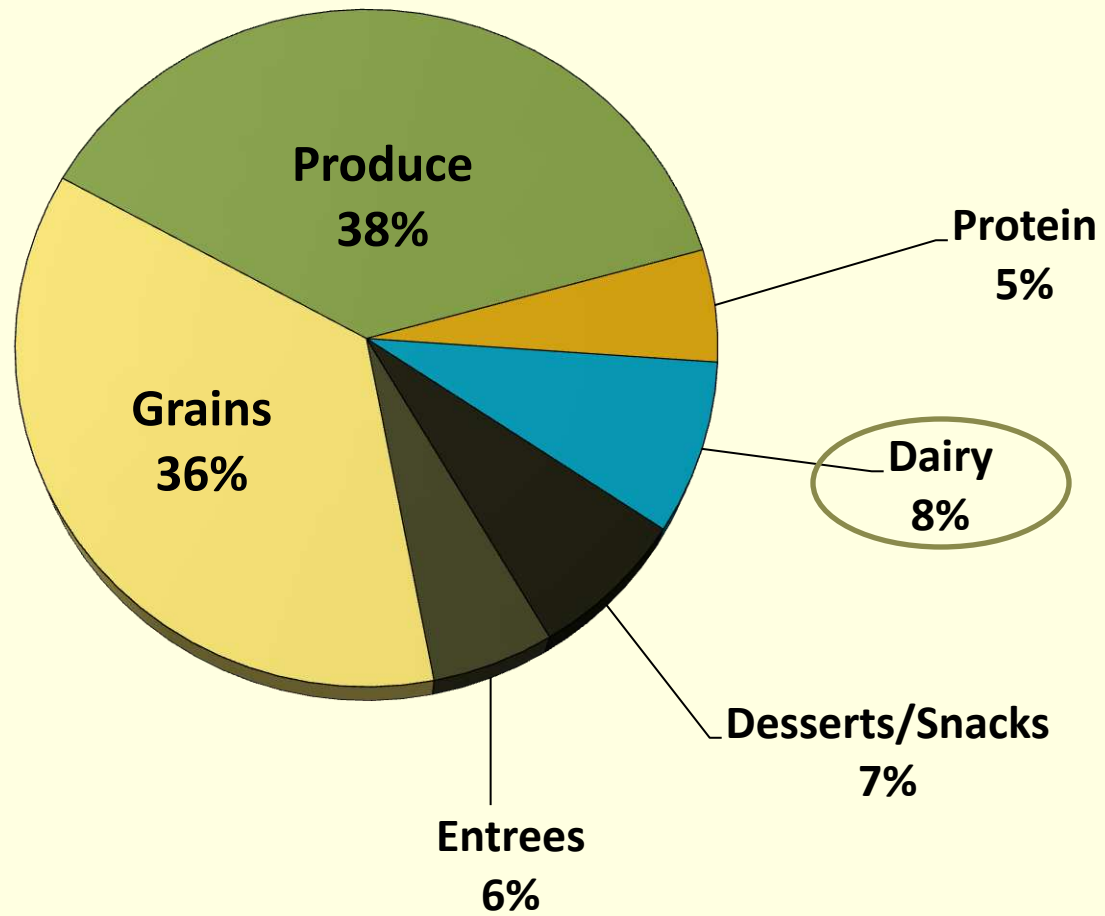
# % Daily Calories from Carbohydrate, Fat and Protein in the Safety Net



# Access to Essential Nutrients Based on the Number of Food Pantries Attended



# % Calcium by Food Group



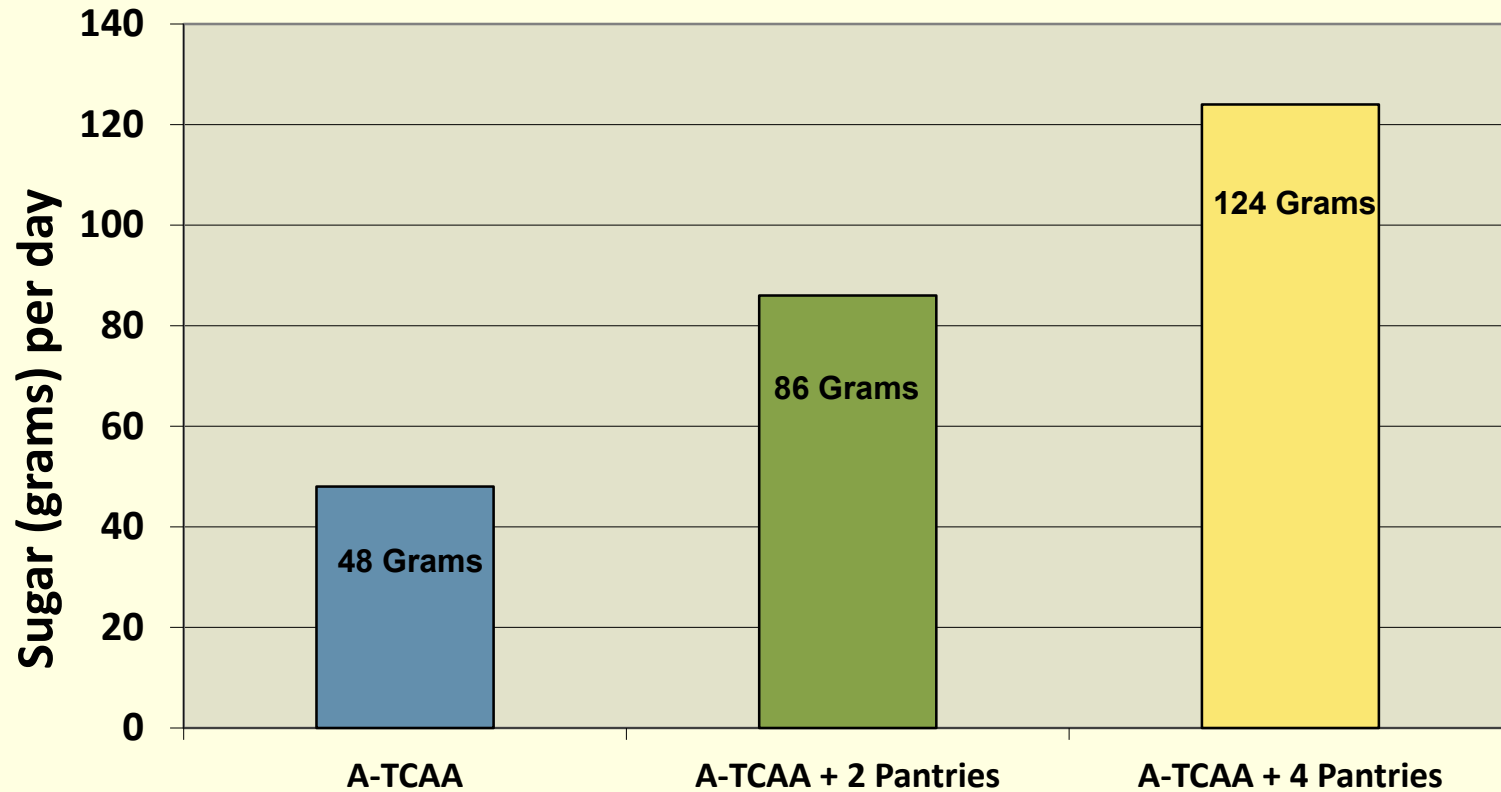
# Applying the Nutrition Assessment

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- Finding: Low calcium due to lack of dairy
  - Solution: Calcium-Drive

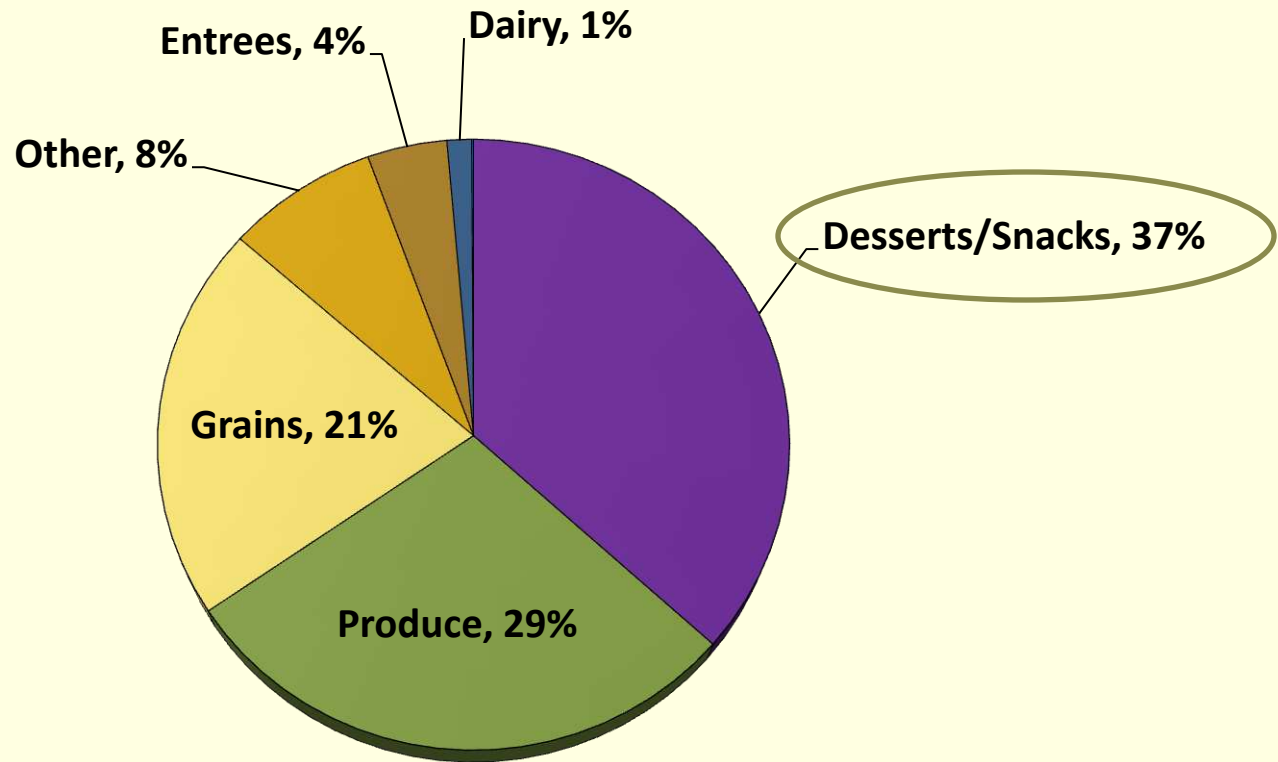


# Daily Grams of Sugar Based on Number of Programs Attended



NOTE: 124 Grams of Sugar  $\approx$  496 Calories

# % Sugar by Food Group



# Applying the Nutrition Assessment

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- Finding: Too much sugar from desserts/snacks
  - Solution: Create donor and pantry education to stress the need for healthier foods
  - Address caloric security after the sugar is decreased: is there still enough?



Questions?



# Food Pantry Nutrition Inventory

RDA Standards	Calculated for	Calories	Total Fat (g)	% Cal. Fat	Total Carb (g)	% Cal. Carb	Total Protein (g)	% Cal. Pro	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar
RDA for 2000 Calorie Diet	Daily	2000	65	29%	300	60%	50	10%	5000	60	1000	18	20	0	300	2400	25	N/A
RDA for 2000 Calorie Diet	Monthly	60000	1950	29%	9000	60%	1500	10%	150000	1800	30000	540	600	0	9000	72000	750	N/A

Food Pantry: \_\_\_\_\_

Distribution Date: \_\_\_\_\_

Food Item	Quantity	Unit	Calories	Total Fat (g)	% Cal. Fat	Total Carb (g)	% Cal. Carb	Total Protein (g)	% Cal. Pro	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar
Red. Fat 2% Milk, UHT	1	Quart	400	10	23%	48	48%	32	32%	2000	0	1200	0	6	0	48	440	0	48
Pork and Beans	15	oz	385	3.5	8%	80.5	84%	21	22%	0	8.4	0	5.0	0	0	0	1365	21	24.5
French Bread	1	Loaf	2630	29	10%	498	76%	85	13%	0	0	720	24.3	6.2	0	0	5846	29	2.3
Honey Nut Cheerios	20	oz	1764	18	9%	264	60%	24	5%	6000	72	1200	54	0	0	0	1920	24	108
Angel Hair Pasta	1	lb	1600	8	5%	336	84%	56	14%	0	0	0	14.4	0	0	0	0	16	8
Whole kernel corn, canned	15.25	oz	210	3.5	15%	38.5	73%	7	13%	0	12.6	0	1.3	0	0	0	35	10.5	24.5
Diced Tomatoes	15.5	oz	105	0	0%	17.5	67%	7	27%	1750	42	70	2.5	0	0	0	1155	3.5	14
Chopped spinach, canned	15.25	oz	105	0	0%	14	53%	7	27%	8750	52.5	350	3.8	0	0	0	1260	7	0
Cut Green Beans	15.5	oz	60	0	0%	12	80%	3	20%	900	7.2	60	2.2	0	0	0	1170	3	6
Brussel Sprouts	10	oz	100	0.7	6%	30	84%	7.9	32%	1750	198.6	98	3.3	0.1	0	0	58.3	8.9	5.1
Iceberg Lettuce	1	Head	109	1.1	9%	23.2	85%	7	26%	3915	21.8	140	3.2	0.6	0	0	78	9.4	13.7
Spinach	1	Bunch	78	1.3	15%	12.3	63%	9.7	50%	31880	95.4	340	9.18	0.2	0	0	268.6	7.5	1.4
Russet Potatoes	12	Small	1343	1.4	1%	307.2	91%	36.4	11%	15	334.92	221	14.6	0.3	0	0	85	22.1	10.5
Tuna, Chunk Light, canned	5	oz	160	2	11%	0	0%	36	90%	0	0	0	0.7	0	0	60	625	0	0
Pinto Beans, canned	15	oz	315	0	0%	70	89%	21	27%	0	0	140	6.3	0	0	0	1435	24.5	3.5
Ground Beef	1	lb	621	22.7	33%	0	0%	97	62%	0	0	40	10.8	10	0	281	299	0	0
Macaroni and Cheese	7.25	oz	750	6	7%	144	77%	27	14%	0	0	300	5.4	3	0	15	1740	6	18
Hamburger Helper, Stroganoff	5.6	oz	1100	5	4%	230	84%	30	11%	0	0	0	7.2	0	0	0	8100	10	20
		Total	11835	112.2	9%	2125.2	72%	514	17%	56960	845.5	4879	168.1	26.4	0	404	25879.9	202.4	307.5
<b>VARIANCE</b>			<b>-48165</b>	<b>-1837.8</b>	<b>-20%</b>	<b>-6874.8</b>	<b>12%</b>	<b>-986</b>	<b>7%</b>	<b>-93040</b>	<b>-954.5</b>	<b>-25121</b>	<b>-371.9</b>	<b>-573.6</b>	<b>0</b>	<b>-8596</b>	<b>-46120.1</b>	<b>-547.6</b>	<b>N/A</b>

## Tuolumne County Safety Net Nutrition Inventory

RDA Standards	Calories	Total Fat (g)	% Cal. Fat	Total Carb (g)	% Cal. Carb	Total Protein (g)	% Cal. Pro	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar
Daily RDA*	2000	65	29%	300	60%	50	10%	5000	60	1000	18	20	0	300	2400	25	N/A
Monthly RDA*	60000	1950	29%	9000	60%	1500	10%	150000	1800	30000	540	600	0	9000	72000	750	N/A

\*Based on a 2000-Calorie Diet

Date Collected: \_\_\_\_\_

	Calories	Total Fat (g)	% Cal. Fat	Total Carb (g)	% Cal. Carb	Total Protein (g)	% Cal. Pro	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar
Pantry 1	10535	162	14%	1125	43%	547	21%	50960	778.2	2412	181.3	23.1	0	391	25532.3	159.1	263
Pantry 2	13135	62	4%	3125	95%	481	15%	62960	912.8	7346	154.9	29.7	1	417	26227.5	245.7	352
Pantry 3	12535	132	9%	2585	82%	581	19%	62392	807.4	5011	194.5	32.1	0	430	26553.8	140.3	345.2
Pantry 4	11135	92	7%	1665	60%	447	16%	51528	883.6	4747	141.7	20.7	0.4	378	25206	264.5	269.8
Pantry 5	11835	112	9%	2125	72%	514	17%	56960	845.5	4879	168.1	26.4	0	404	25879.9	202.4	307.5
<b>Total</b>	<b>59175</b>	<b>561</b>	<b>9%</b>	<b>10626</b>	<b>72%</b>	<b>2570</b>	<b>17%</b>	<b>284800</b>	<b>4227.3</b>	<b>24395</b>	<b>840.69</b>	<b>132</b>	<b>1.4</b>	<b>2020</b>	<b>129400</b>	<b>1012</b>	<b>1537.5</b>
<b>Variance</b>	<b>-825</b>	<b>-1389</b>	<b>-20%</b>	<b>1626</b>	<b>12%</b>	<b>1070</b>	<b>7%</b>	<b>134800</b>	<b>2427.3</b>	<b>-5605</b>	<b>300.69</b>	<b>-468</b>	<b>1.4</b>	<b>-6980</b>	<b>57399.5</b>	<b>262</b>	<b>N/A</b>




# A-TCAA Food Bank Nutrition Inventory




Date Collected: \_\_\_\_\_

Food Item	Quantity	Unit	Calories	Total Fat (g)	% Cal. Fat	Total Carb (g)	% Cal. Carb	Total Protein (g)	% Cal. Pro	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar
Red. Fat 2% Milk, UHT	900	Quart	360000	9000	23%	43200	48%	28800	32%	1800000	0	1080000	0	5400	0	43200	396000	0	43200
Honey Nut Cheerios	900	Boxes	1587600	16200	9%	237600	60%	21600	5%	5400000	64800	1080000	48600	0	0	0	1728000	21600	97200
Whole kernel corn, canned	2448	Cans	514080	8568	15%	94248	73%	17136	13%	0	30844.8	0	3084.48	0	0	0	85680	25704	59976
Cut Green Beans	2448	Cans	146880	0	0%	29376	80%	7344	20%	2203200	17625.6	146880	5287.68	0	0	0	2864160	7344	14688
Russet Potatoes	2000	lbs	71668000	72000	1%	16394000	91%	1942000	11%	900000	17871600	11800000	780120	18000	0	0	4536000	1180000	562000
Tuna, Chunk Light,canned	2040	Cans	326400	4080	11%	0	0%	73440	90%	0	0	0	1468.8	0	0	122400	1275000	0	0
Macaroni and Cheese	2400	Boxes	1800000	14400	7%	345600	77%	64800	14%	0	0	720000	12960	7200	0	36000	4176000	14400	43200
<b>Total</b>			<b>76402960</b>	<b>124248</b>	<b>1%</b>	<b>17144024</b>	<b>90%</b>	<b>2155120</b>	<b>11%</b>	<b>10303200</b>	<b>17984870</b>	<b>14826880</b>	<b>851521</b>	<b>30600</b>	<b>0</b>	<b>201600</b>	<b>15060840</b>	<b>1249048</b>	<b>820264</b>
<b>Program Pantry Grand Variance</b>			<b>-825</b>	<b>-1389</b>	<b>-20%</b>	<b>1626</b>	<b>12%</b>	<b>1070</b>	<b>7%</b>	<b>134800</b>	<b>2427.3</b>	<b>-5605</b>	<b>300.69</b>	<b>-468</b>	<b>1.4</b>	<b>-6980</b>	<b>57399.5</b>	<b>262</b>	<b>N/A</b>
<b>Recommendation</b>			Move stock	Move stock	See procurement guidelines	No action	No action	No action	No action	No action	No action	Move stock	No action	Move stock	No action	Move stock	No action	No action	No action

Food Procurement Guidelines for A-TCAA Food Bank

Food Item	Quantity	Unit	Preference	Calories	Total Fat (g)	% Cal. Fat	Total Carb (g)	% Cal. Carb	Total Protein (g)	% Cal. Pro	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Sugar
Parmesan Cheese	1	lb		1775	117	59%	14.6	3%	161.9	36%	1805	0	5361	3.708	74.3	0	307.9	7253.9	0	3.6
Orange Juice	48	oz		1080	0	0%	240	89%	24	9%	0	720	4000	0	0	0	0	0	0	272
Cheddar Cheese	1	lb		1440	160	100%	0	0%	96	27%	4800	0	3200	0	96	0	480	2880	0	0
Plain Nonfat Yogurt	32	oz		480	0	0%	76	63%	40	33%	3000	14.4	1200	0	0	0	20	640	0	48
Milk, 2%, UHT	1	Quart		400	10	23%	48	48%	32	32%	2000	0	1200	0	6	0	48	440	0	48
Soymilk, Plain	1	Quart		360	16	40%	32	36%	28	31%	2000	0	1200	4.32	2	0	0	480	4	24
Navy Beans, Dried	1	lb		1529	6.8	4%	284.5	74%	89.9	24%	0	0	753	25.776	0.7	0	0	0	114.7	4
Pinto Beans, Dried	1	lb		1467	6.7	4%	269	73%	92.4	25%	0	8.22	472	21.438	1.1	0	0	10.3	92.3	3.5
Spinach	1	Bunch		78	1.3	15%	12.3	63%	9.7	50%	31880	95.4	340	9.18	0.2	0	0	268.6	7.5	1.4
Oranges	5	Medium		343	1.1	3%	87.8	102%	6.4	7%	1730	413.7	301	0.918	0.1	0	0	7	15.4	59.5
Broccoli	1	Bunch		207	2.2	10%	40.4	78%	17.1	33%	4015	542.3	286	4.4	0.2	0	0	200.6	15.8	10.3
Tofu	13.5	oz		360	18	45%	13.5	15%	40.5	45%	0	0	270	6.48	2.3	0	0	112.5	4.5	0
Eggs	12	Large		720	48	60%	0	0%	72	40%	3600	0	240	8.64	18	0	1920	720	0	0
Lentils, Dried	1	lb		1292	4.2	3%	224.2	69%	100.5	31%	90	16.68	212	37.08	0.6	0	0	22.3	88	20
Lima Beans, Dried	1	lb		1297	4.3	3%	235.5	73%	88	27%	0	0	192	26.964	1	0	0	22.6	79	32.7
Winter Squash	2	lb		243	2.3	9%	58.1	96%	5.9	10%	990	31.5	189	3.06	0.6	0	0	162	12.6	22.8
Sweet Potatoes	4	Medium		410	0.7	2%	94.4	92%	9.2	9%	87635	89.4	173	3.15	0.2	0	0	164.2	15	38.5
Swiss Chard	1	Bunch		64	0.7	10%	12.6	79%	6	38%	20550	100.8	171	6.048	0.1	0	0	715.7	5.4	3.7
Artichokes	3	Medium		180	0.6	3%	40.2	89%	12.5	28%	635	36	162	4.644	0.1	0	0	342	19.4	3.6
Cottage Cheese, 2%	8	oz		203	4.4	20%	8.2	16%	31.1	61%	175	0	156	0.36	2.8	0	18.1	917.6	0	0.7
Split Peas, Dried	1	lb		1301	4.3	3%	232.6	72%	91.9	28%	75	4.44	154	14.22	0.6	0	0	22.1	91.5	32
Carrots	1	lb		185	1.1	5%	43.1	93%	4.2	9%	54160	26.52	149	1.35	0.2	0	0	310.5	12.6	20.4
Green Leaf Lettuce	1	Head		54	0.5	8%	10	74%	4.9	36%	26660	64.8	130	3.096	0.1	0	0	100.8	4.7	2.8
Tangerines	5	Small		186	1.1	5%	46.7	100%	2.8	6%	2385	93.48	130	0.522	0.1	0	0	7	6.3	37
Russet Potatoes	4	Medium		671	0.9	1%	148.4	88%	18.2	11%	70	89.28	125	7.398	0.2	0	0	55.4	15.9	7.5
Pears	5	Medium		500	0	0%	125	100%	5	4%	0	30	100	0	0	0	0	15	20	85
Brussel Sprouts	10	oz		100	0.7	6%	30	84%	7.9	32%	1750	198.6	98	3.3	0.1	0	0	58.3	8.9	5.1
Zucchini	3	Medium		93	0	0%	20.1	86%	7.2	31%	1200	100.8	90	2.16	0	0	0	60	6.6	12
Tomatoes	2	lb		162	1.8	10%	35.3	87%	7.9	20%	7495	114.3	90	2.43	0.4	0	0	45	10.8	23.7
Asparagus	1	lb		90	0	0%	13.5	60%	9	40%	1350	24.3	90	13.77	0	0	0	0	9	4.5
Yams	4	Medium		600	0.8	1%	148	99%	8	5%	600	64.8	80	2.88	0	0	0	44	20	4
Strawberries	1	lb		144	1.4	9%	34.6	96%	3	8%	55	264.6	72	1.89	0.1	0	0	4.5	9	21

<b>Nutritional Inventory Method</b>	<b>Food Group Categories</b> 	<b>Red, Yellow, Green Light</b> 	
<b>Identifies "holes" at different nutrient levels? (e.g. calories, fiber)</b>			
<b>Identifies nutrition quality of food in stock?</b>			
<b>Informs procurement/drive and distribution decisions?</b>			
<b>Takes into account customer preferences?</b>			
<b>Is it user-friendly?</b>			
<b>Is it affordable?</b>			
<b>It is easy to use for staff who don't have nutrition expertise?</b>			
<b>Does it give us confidence that we're meeting nutrition needs?</b>			
<b>Other needs?</b>			

<b>Nutritional Inventory Method</b>	<p style="text-align: center;"><b>Food Group</b></p>  <p style="text-align: center;"><b>Categories</b></p>	<p style="text-align: center;"><b>Red, Yellow, Green Light</b></p> 	
<b>Brief Description</b>	Assigns foods to food groups categories.	Assigns nutrition rankings based on lists of typical foods that belong in each rank.	Assigns nutrition rankings based on nutritional content compared to other foods within that food group.
<b>What are the groups/ ranks?</b>	Food groups such as protein, grains, produce, etc.	<b>Red</b> (eat sparingly) <b>Yellow</b> (eat moderately) <b>Green</b> (eat frequently)	<b>1</b> (choose frequently) <b>2</b> (choose occasionally) <b>3</b> (choose sparingly) <b>MC</b> (minimal contribution) <b>NR</b> (not rated).
<b>How can this be used?</b>	To report % (by pounds) of inventory for each food group and use this to maintain an inventory that is balanced between food groups (e.g. 50% fresh produce).	To report % (by pounds) of inventory for Red, Yellow, or Green foods, and to maintain an inventory that meets goals for being primarily Green and Yellow foods (e.g. goal is 40% or more Green).	To report an average CHOP score for entire inventory, individual programs, or food groups, and to maintain an inventory that meets certain standards (e.g. average score of 1.5 for inventory).
<b>How much setup is required?</b>	Very little. Staff need to become familiar with what foods belong in what food group categories.	Some. A detailed list of what foods commonly fall into each category can be followed. Some staff will need to be trained to become familiar with the food ranks.	Moderate. For each food group category, a specific guide is followed to calculate the CHOP score for food items. A few staff members will need to be trained to calculate CHOP scores for all inventory items.
<b>How much maintenance is required?</b>	Very little. When new or unfamiliar foods come in, decisions will need to be made as to what food category they belong in.	Very little. When new or unfamiliar foods come in, decisions will need to be made as to what rank they should be assigned.	Moderate. When new or unfamiliar foods come in, new CHOP scores will need to be calculated for each food item.
<b>Is special software needed?</b>	No. Most software programs can easily be adapted to include food categories.	No. Most software programs can easily be adapted to include food rankings.	No, but it is helpful to utilize a software program with CHOP scoring built in, such as Ceres 2009, to minimize the need for staff expertise.
<b>Is it user-friendly?</b>	Yes. Staff without nutrition expertise could easily use it.	Somewhat. Staff without nutrition expertise may need to consult a guide.	No. Staff will need training on reading food labels and calculating CHOP scores.
<b>What are the shortcomings?</b>	It doesn't rank food by nutrient quality or look at detailed nutrient information.	Food rankings are generalized and some foods may be difficult to rank. Detailed nutrient information isn't available.	Food rankings are complicated and aren't fool-proof. Many foods can't be ranked (e.g. Shiners, Mixed Products, etc). Detailed nutrient information isn't available.

# Contact List

Nutrition Inventory Systems for Small Food Banks  
Presented by Kyli Gallington & Lee Kimball  
A-TCAA Food Bank

Sandy Beals  
Executive Director  
Foodlink for Tulare County, Inc.  
(559) 651-3663  
[sandyb@foodlinktc.org](mailto:sandyb@foodlinktc.org)

Serena Fuller  
Health Education and Evaluation Manager  
Food Bank of Santa Barbara County  
(805) 403-1038  
[sfuller@foodbanksbc.org](mailto:sfuller@foodbanksbc.org)

Gaby Gregg  
Network for a Healthy California  
(714) 899-3684 x5316

Anne Holcomb  
Executive Director  
The Food Bank for Humboldt County  
(707) 445-3166 x302  
[aholcomb@foodforpeople.org](mailto:aholcomb@foodforpeople.org)

Brooke Johnson  
Chief Operations and Programs Officer  
Second Harvest Food Bank Santa Cruz County  
(831) 722-7110 x220  
[brooke@thefoodbank.org](mailto:brooke@thefoodbank.org)

Lindsay Johnson  
Program Director  
Food Bank of Contra Costa and Solano  
(925) 676-7543 x204  
[ljohnson@foodbankccs.org](mailto:ljohnson@foodbankccs.org)

Justine Kaplan  
Director of Member Services and Food  
Programs  
Alameda County Community Food Bank  
(510) 635-3663 x389  
[jkaplan@accfb.org](mailto:jkaplan@accfb.org)

Sheila Kopf  
Senior Program Manager  
San Francisco Food Bank  
(415) 282-1907 x238  
[skopf@sffb.org](mailto:skopf@sffb.org)

Mark Lowry  
Executive Director  
CAPOC's Orange County Food Bank  
(714) 897-6670 x3601  
[mlowry@capoc.org](mailto:mlowry@capoc.org)

Larry Sly  
Executive Director  
Food Bank of Contra Costa and Solano  
(925) 676-7543  
[lsly@foodbankccs.org](mailto:lsly@foodbankccs.org)

Veronica Wimer  
Purchasing Manager  
Food Bank of Contra Costa and Solano  
(925) 676-7543 x242  
[vwimer@foodbankccs.org](mailto:vwimer@foodbankccs.org)



# A-TCAA Food Bank

## Nutrition Survey

Interviewer: \_\_\_\_\_

Date: \_\_\_\_\_

**Please Note:** All personal information gathered from this survey assessment will be kept confidential. Your name or other identification will not be asked for on this survey.

1. Please fill out the following information about yourself:

Age: \_\_\_\_\_ Gender: Male / Female Ethnicity: \_\_\_\_\_

Number of People in Household (including self): \_\_\_\_\_

Combined Monthly Household Income: \_\_\_\_\_

Do you have health insurance? Yes No

Are you enrolled in Medi-Cal or Medicare? Yes No

2. What foods do you have trouble getting enough of?

a) Meats      c) Fruit      e) Grains  
b) Dairy      d) Vegetables      f) Others: \_\_\_\_\_

3. How often each week do you eat the following:

Meats:	a) Never	b) Once or less	c) A few times	d) Every day
Dairy:	a) Never	b) Once or less	c) A few times	d) Every day
Fruit:	a) Never	b) Once or less	c) A few times	d) Every day
Vegetables:	a) Never	b) Once or less	c) A few times	d) Every day
Grains:	a) Never	b) Once or less	c) A few times	d) Every day

4. If you marked "Never" above, please explain why you never eat those foods:

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5. Circle all you like or are willing to try:

Broccoli	Tomatoes	Asparagus
Spinach	Artichokes	Carrots
Bell Peppers	Sweet Potatoes	Russet Potatoes
Zucchini	Brussel Sprouts	Swiss Chard
Squash	Mushrooms	Other Vegetables: _____
Lettuce	Yams	

6. Circle all you like or are willing to try:

Apples	Strawberries	Nectarines
Oranges	Plums	Raisins
Apricots	Pears	Prunes
Tangerines	Canteloupe	Orange Juice
Bananas	Pineapple	Other Fruits: _____

7. Circle all you like or are willing to try:

Yogurt	Tofu	Split peas
Eggs	Soymilk	Lima Beans
Milk	Lentils	Cornmeal
Cottage Cheese	Navy Beans	Parmesan Cheese
Peanut Butter	Pinto Beans	Cheddar Cheese

8. Circle all that you have access to:

Microwave	Hot plate	Barbecue	Refrigerator
Stovetop	Oven	Freezer	

9. Circle those you use most frequently:

Microwave	Hot plate	Barbecue
Stovetop	Oven	Other cooking appliances: _____

10. Who does the food preparation in your household?

Relation to you: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: Male/Female

11. How often each week does someone in your house cook?

a) Never      b) Once or less      c) A few times      d) Every day

12. Are recipes used?      Yes      No

13. If yes, where do you get your recipes? (Circle all that apply)

- a) Cookbooks      b) Friends/Family      c) Magazines/Newspaper      d) Online  
e) Other: \_\_\_\_\_

14. What is your monthly household budget for food? \_\_\_\_\_

15. Please check all of the following that your household receives food from:

- |   |   |
|---|---|
| <input type="checkbox"/> A-TCAA Commodities           | <input type="checkbox"/> Interfaith                           |
| <input type="checkbox"/> A-TCAA Produce               | <input type="checkbox"/> Christian Heights Assembly of God    |
| <input type="checkbox"/> School Lunches/ Breakfasts   | <input type="checkbox"/> Equipping God's People               |
| <input type="checkbox"/> Senior Meals/Meals on Wheels | <input type="checkbox"/> Rivers of Life Christian Fellowship' |
| <input type="checkbox"/> Food for Kids Program        | <input type="checkbox"/> St. James Episcopal (Red Church)     |
| <input type="checkbox"/> Sonora Seventh Day Adventist | <input type="checkbox"/> Lake Don Pedro Baptist Church        |
| <input type="checkbox"/> Sierra Bible Church          | <input type="checkbox"/> Others: _____                        |

16. If your household receives food from any above more than once each month, please list here how often you attend those: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

17. How do you usually get to the food pantry?

- |  |   |
|--|---|
| <input type="checkbox"/> Walk                  | <input type="checkbox"/> My own vehicle               |
| <input type="checkbox"/> Bike                  | <input type="checkbox"/> Carpool                      |
| <input type="checkbox"/> Public Transportation | <input type="checkbox"/> Other, please specify: _____ |

18. If you have children, please check all of the following services your household uses:

- |   |   |
|---|---|
| <input type="checkbox"/> Free and reduced meals at school | <input type="checkbox"/> Family Resource Centers or Play Groups |
| <input type="checkbox"/> WIC                              | <input type="checkbox"/> Others: _____                          |
| <input type="checkbox"/> Subsidized child care            |   |

19. Are you a single parent?

- Yes      No      Not Applicable

20. Are you a grandparent raising your grandchild?

- Yes      No      Not Applicable

21. Does anyone in your household receive Food Stamps?      Yes      No

22. In the last 12 months, did you or anyone in your household ever (mark all that apply):

- Run out of food before the end of the month
- Cut the size of your meals or skip meals because there wasn't enough money for food
- Eat less than you felt you should because there wasn't enough money for food
- Feel hungry but didn't eat because there wasn't enough money for food

23. Do you plan your meals ahead of time? Yes No

24. Are there any food allergies or other important diet restrictions in your household?

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25. What medical conditions are in your household? \_\_\_\_\_

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26. What medications are taken in your household? \_\_\_\_\_

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27. If the following were available for free in this area, would you participate?

Recipes using foods in A-TCAA bags	Yes	No	Maybe
Sampling of recipes and foods	Yes	No	Maybe
Cooking demonstrations	Yes	No	Maybe
Classes on cooking and nutrition	Yes	No	Maybe
Classes on budgeting and food planning	Yes	No	Maybe
Classes on managing health conditions	Yes	No	Maybe