

# CREATE Healthy Pantries

**CREATE** SNAP-ED  
BETTER HEALTH.



## Nutrition Environment Food Pantry Assessment Tool

Adapted from  
**Illinois Extension**



### General Information

**Directions:** This assessment tool is meant to provide perspective on the nutritional environment of the food pantry. Items marked with an\* indicate that valuations will be made using both objective observations, as well as questions to be asked of pantry staff/volunteers. Please make your assessment based on observations made during the food pantry's food distribution services.

Foods to Encourage (F2E) includes "Thumbs Up for Healthy Choices" Healthy Food

Date \_\_\_\_\_

Name of Ambassador \_\_\_\_\_

Name of Food Pantry \_\_\_\_\_

Address & City \_\_\_\_\_

County \_\_\_\_\_

Contact Name \_\_\_\_\_

Contact's Phone \_\_\_\_\_

Contact's Email \_\_\_\_\_

Number of **Individuals** served per month by food pantry\* \_\_\_\_\_

How close is the pantry to the closest public transit access point (in miles)? \_\_\_\_\_

Pantry Days/Hours of Operation \_\_\_\_\_

Does the pantry restrict which audiences can access its services (e.g. by Zipcode or for students-only)? \_\_\_\_\_



**General Information** (Continued)

<b>Types of Donors*</b>	<b>Provides Funds</b>	<b>Provides Food</b>
Food Bank	<input type="checkbox"/>	<input type="checkbox"/>
Faith-Based Organization	<input type="checkbox"/>	<input type="checkbox"/>
Non-Profit Organization	<input type="checkbox"/>	<input type="checkbox"/>
Government	<input type="checkbox"/>	<input type="checkbox"/>
Private Donor	<input type="checkbox"/>	<input type="checkbox"/>
Commercial Business	<input type="checkbox"/>	<input type="checkbox"/>
Community Group	<input type="checkbox"/>	<input type="checkbox"/>
Other (Please specify)	<input type="checkbox"/>	<input type="checkbox"/>

Notes: (Are there opportunities for healthy food drive partnerships?)



## Objective 1: Increase Client Choice for Nutritious Options

### Strategies:

- 1.1. Clients may choose which types of F2E they would like to take\*
- 1.2. Pantry hosts a “shopping style” distribution (set up like a grocery store)
- 1.3. Clients are able to come to the pantry for food more than once per month\*
- 1.4. Food pantry offers items from each of the five food groups (fruits, vegetables, grains, protein, dairy)
- 1.5. Encourages nutritious donations (e.g. by distributing a list of suggested items or asks donors not to provide certain foods)\*
- 1.6. Food pantry is listed on AmpleHarvest.org website (if not, seeks donations from local gardeners/farmers or community gardens)\*
- 1.7. Has established nutrition policy used for purchasing food for clients\*
- 1.8. A policy is in place for proper food safety\*
- Write total number of boxes marked.**

Notes:



## Objective 2: Market & “Nudge” Healthful Products

### Strategies:

- 2.1. Recipes featuring F2E are available to clients\*
- 2.2. Offers food samples to clients\*
- 2.3. MyPlate or other healthy eating materials that promote F2E are visible (e.g. posters, fliers, window stickers, etc)
- 2.4. Displays/hangs supporting materials for F2E (e.g. shelf talkers/shelf tags, nutrition information, etc.)
- 2.5. Includes at least one F2E item in a bundle to display items together as a meal (e.g. beans and rice)
- 2.6. F2E are stocked to appear abundant
- 2.7. Majority of F2E are displayed/angled to be viewed easily from the eye-level of an average client
- 2.8. At least one F2E item is within eyesight upon entering the pantry during distribution
- Write total number of boxes marked.**

Notes:



### Objective 3: Provide Various Forms of Fruits and/or Vegetables

Mark off each type as you see them, below:

- 3.1. Fresh
- 3.2. Canned (Any type, no rust and minimal dents)
- 3.3. Canned (Fruit in lite syrup or juice or  $\leq 12\text{g}$  Sugar, **or** Vegetables with  $\leq 230\text{mg}$  Sodium and  $\leq 2\text{g}$  Sat. fat)
- 3.4. Frozen (Any type, no frostbite)
- 3.5. Frozen ( $\leq 12\text{g}$  Sugar,  $\leq 230\text{mg}$  Sodium, &  $\leq 2\text{g}$  Sat. fat)
- 3.6. Dried (any type, no mold and packaging intact)
- 3.7. Dried ( $\leq 12\text{g}$  Sugar,  $\leq 230\text{mg}$  Sodium, &  $\leq 2\text{g}$  Sat. fat)
- 3.8. Juice (100% fruit or vegetable juice)
- Write total number of boxes marked.**

Notes:



### Objective 4: Provide Various Types of Fruits and/or Vegetables

Mark off each color type as you see them, below:  
The fruit and/or vegetables may be in any of the forms listed above.

- 4.1. Red
- ← *Check if more than 2 types of Red*
- 4.2. Yellow/Orange
- ← *Check if more than 2 types of Yellow/Orange*
- 4.3. White or Tan/Brown
- ← *Check if more than 2 types of White or Tan/Brown*
- 4.4. Green
- ← *Check if more than 2 types of Green*
- 4.5. Blue/Purple
- ← *Check if more than 2 types of Blue/Purple*
- Write total number of boxes marked.**

Notes:



## Objective 5: Promote Additional Resources\* Strategies:

- 5.1. Provides information on SNAP, WIC, Double Up Food Bucks or other low-income resources\*
- 5.2. Provides nutrition education to clients (e.g. by partnering with Extension or other sources of expertise)\*
- 5.3. Promotes or provides mobile markets\*
- 5.4. Has on-site garden or other gardening resources\*
- 5.5. Distributes Medicaid/affordable healthcare information\*
- 5.6. Promotes or provides health screenings (e.g. blood pressure, glucose, BMI, etc.) by partnering with local organizations\*
- 5.7. Provides employment assistance information\*
- 5.8. Provides other educational/self-improvement resources\*
- Write total number of boxes marked.**

Notes:



## Objective 6: Plan for Alternate Eating Patterns Strategies:

- 6.1. Provides food pantry volunteers with nutrition education\*
- 6.2. Utilizes Commodity Supplemental Food Program (CSFP) to provide food tailored for low-income elderly clients\*
- 6.3. Has labeled sections for specific foods (e.g. gluten-free, dairy-free, no/low sodium, vegetarian or no-prep-required)
- 6.4. Provides diverse options for protein (e.g. tofu, beans, fish, peanut butter)
- 6.5. Provides culturally diverse foods (e.g. Kosher, Halal, ethnic cuisines)
- Write total number of boxes marked.**

Notes:



## NEFPAT Score

Write the total number of boxes marked from each objective.

- \_\_\_\_\_ Total for Objective 1
- \_\_\_\_\_ Total for Objective 2
- \_\_\_\_\_ Total for Objective 3
- \_\_\_\_\_ Total for Objective 4
- \_\_\_\_\_ Total for Objective 5
- \_\_\_\_\_ Total for Objective 6
- \_\_\_\_\_ Total of Ratings = NEFPAT Score

NEFPAT Scoring Range: 0–47

NEFPAT Score Classifications:

Bronze: 0–15

Silver: 16–31

Gold: 32–47

Overall Comments:

**Source:** Nikolaus CJ, Laurent E, Loehmer E, An R, Khan N & McCaffrey J. (2018). Nutrition Environment Food Pantry Assessment Tool (NEFPAT): Development and evaluation. *Journal of Nutrition Education & Behavior*, 50(7), 724-728

Thanks and recognition to Illinois Extension for creating NEFPAT.

## Appendix A.

### **Foods to Encourage (F2E)** *Thumbs Up for Healthy Choices Foods*

Foods must meet all criteria below to qualify. Criteria is based on per serving basis.

#### **Fruits & Vegetables**

- Fresh with nothing added
- 100% Fruit or Vegetable Juice, Canned, Dried, or Frozen with no partially hydrogenated oils that meet the criteria below:
  - Sodium:  $\leq 230\text{mg}$
  - Total Sugar: Fruit in lite syrup, or 100% Juice, or  $\leq 12\text{g}$
  - Sat. Fat:  $\leq 2\text{g}$
  - Trans Fat:  $0\text{g}$

#### **Dairy**

- Unflavored/Unsweetened low-fat (1%), or skim/non-fat milk or yogurt
- Flavored skim/non-fat milk or yogurt
- Unsweetened milk substitutes (e.g.Soy)
- Cheese that meets the criteria below:
  - Sodium:  $\leq 480\text{mg}$
  - Sat. Fat:  $\leq 3\text{g}$  | Trans Fat:  $0\text{g}$
- Flavored milk, milk substitutes, and yogurt, that meets the criteria below:
  - Sodium:  $\leq 480\text{mg}$
  - Total Sugar:  $\leq 22\text{g}$  (milk)  $\leq 30\text{g}$  (yogurt)
  - Saturated Fat:  $\leq 3\text{g}$
  - Trans Fat:  $0\text{g}$

#### **Grains**

- 100% whole grain (Rolled Oats, Barley, Wild Rice)
- Bread & Pasta with “whole grain”
- listed as the first ingredient and with:
  - $>10\%$  DV or  $\geq 2.5\text{g}$  fiber
- Cereal with “whole grain” listed as the first ingredient and  $>3\text{g}$  of dietary fiber
- Bread, Pasta, and Cereal that meet the criteria below:
  - Sodium:  $\leq 230\text{mg}$
  - Total Sugar: Bread/Pasta  $\leq 0\text{g}$ , Cereal  $\leq 12\text{g}$
  - Sat. Fat:  $\leq 2\text{g}$
  - Trans Fat:  $0\text{g}$

#### **Protein**

- Eggs
- Nuts, Seeds, Beans and Lentils with nothing added
- Beans, Meat, Poultry and Seafood that meet criteria below:
  - Sodium  $\leq 480\text{mg}$
  - Sat. Fat:  $\leq 2\text{g}$
  - Trans Fat:  $0\text{g}$
- Nuts/Seeds responding spreads that meet the criteria below:
  - Sodium:  $\leq 230\text{mg}$
  - Total Sugar:  $<4\text{g}$  per 2T/1oz
  - Trans Fat:  $0\text{g}$

## Snacks

**Granola/Protein Bars**  
**Trail Mix**  
**Cookies**  
**Pastries/Brownies**  
**Etc.**

- ≤200 calories per serving
- ≤7 grams of total fat per serving
- ≤2 grams of saturated fat per serving
- ≤15 grams of saturated fat per serving
- ≤200 mg. of sodium per serving
- Does not have sugar or high fructose corn syrup listed as the first ingredient

**Nut** (not trail mixes - see above for trail mix)

- ≤220 calories per serving
- ≤3.5 grams of saturated fat per serving
- ≤240 mg. of sodium per serving
- ≤4 grams of total sugar

**Crackers**  
**Pretzels**  
**Rice Cakes**  
**Etc.**

- ≤150 calories per serving
- ≤1.5 grams of saturated fat per serving
- ≤230 mg. of sodium per serving
- ≤10 grams of total sugar

**Modified from:** Feeding America. "Detailed Foods to Encourage." *Healthy Food Bank Hub*. Last modified July 2015. <https://feedingamerica.org/resource/foods-to-encourage-background/>



## Appendix B.

### Fruits and Vegetables by Color

Red
<b>Fruits</b>
Cherry
Cranberry
Grapefruit
Pomegranate
Raspberry
Red Apple
Red Grape
Strawberry
Watermelon
<b>Vegetables</b>
Beets
Chili Pepper
Radish
Red Onion
Red Pepper
Tomato

Yellow/Orange
<b>Fruits</b>
Apricot
Cantaloupe
Lemon
Mango
Nectarine
Orange
Peach
Pineapple
Tangerine
Yellow Apple
<b>Vegetables</b>
Carrot
Corn
Pumpkin
Squash
Sweet Potato
Yellow Pepper
Yellow Tomato

Green
<b>Fruits</b>
Green Apple
Green Grape
Honeydew
Kiwi
Lime
<b>Vegetables</b>
Avocado
Asparagus
Broccoli
Brussels Sprout
Cabbage
Celery
Cucumber
Fresh Herbs
Green Beans
Green Peas
Leafy Greens
Leeks
Lettuce
Lima Beans
Green Onion
Okra
Green Pepper
Snow Peas
Spinach
Sugar Snap Pea
Zucchini

White or Tan/Brown
<b>Fruits</b>
Banana
Pear
<b>Vegetables</b>
Cauliflower
Garlic
Ginger
Jicama
Kohlrabi
Mushroom
Onion
Parsnip
Potato
Turnip

Blue/Purple
<b>Fruits</b>
Blackberry
Blueberry
Purple Grape
Plum
Raisin
<b>Vegetables</b>
Black Olive
Purple Cabbage
Eggplant

\*List is not exhaustive

*Note: Legumes (aka beans and peas, such as chick peas, black beans, kidney beans, black-eyed peas) do not count.*

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:**  
(833) 256-1665 or (202) 690-7442; or
3. **email:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

In its programs and activities, including in admissions and employment, Utah State University does not discriminate or tolerate discrimination, including harassment, based on race, color, religion, sex, national origin, age, genetic information, sexual orientation, gender identity or expression, disability, status as a protected veteran, or any other status protected by University policy, Title IX, or any other federal, state, or local law.

Utah State University is an equal opportunity employer and does not discriminate or tolerate discrimination including harassment in employment including in hiring, promotion, transfer, or termination based on race, color, religion, sex, national origin, age, genetic information, sexual orientation, gender identity or expression, disability, status as a protected veteran, or any other status protected by University policy or any other federal, state, or local law.

Utah State University does not discriminate in its housing offerings and will treat all persons fairly and equally without regard to race, color, religion, sex, familial status, disability, national origin, source of income, sexual orientation, or gender identity. Additionally, the University endeavors to provide reasonable accommodations when necessary and to ensure equal access to qualified persons with disabilities.

The following individuals have been designated to handle inquiries regarding the application of Title IX and its implementing regulations and/or USU's non-discrimination policies:

**Matt Pinner, JD**  
Executive Director  
435-797-1266  
Old Main Rm. 161  
[matthew.pinner@usu.edu](mailto:matthew.pinner@usu.edu)

**Hilary Renshaw, JD**  
Title IX Coordinator  
435-797-1266  
Old Main Rm. 161  
[hilary.renshaw@usu.edu](mailto:hilary.renshaw@usu.edu)

For further information regarding non-discrimination, please visit [equity.usu.edu](http://equity.usu.edu), or contact:

U.S. Department of Education  
Denver Regional Office  
303-844-5695  
[OCR.Denver@ed.gov](mailto:OCR.Denver@ed.gov)

U.S. Department of Education  
Office of Assistant Secretary for Civil Rights  
800-421-3481  
[OCR@ed.gov](mailto:OCR@ed.gov)

