



SETTING YOUR LIMITS

As the need for food increases, finding ways to use resources wisely and efficiently is of utmost importance for client choice pantries. Clearly expressing limits to clients will assist with this effort.

There are many ways to set your food limits for clients. The following are a few options for consideration:

- Limit by pound
- Limit by number of items
- Limit by category and number of items
- Limit by nutrition

Display Limits

There are a variety of ways to express the limits to your clients.

- **Signs**
Placing signs above items can assist clients as they are making decisions as to what food they will be receiving from the pantry.
- **Food Cards**
Food cards allow clients to see the limit by nutritional value and household size. Example food cards are provided in English and Spanish for your reference.



FOOD CARDS: ENGLISH

These are example food cards. Feel free to make your own version or copy these examples. Laminate them and give them to your clients to use as a guide as they select their foods. With a dry-erase marker, you can add items to the laminated card. These items may be items that do not fit into a MyPlate food group. Spanish food cards follow English.

| 1-2 Persons in your Household | | |
|-------------------------------|-----|-------|
| Grains | 2-3 | Items |
| Vegetables | 3-6 | Items |
| Fruit | 3-6 | Items |
| Dairy | 2-3 | Items |
| Meats & Non Meat Protein | 2-3 | Items |
| Combination Foods | 1-2 | Items |
| Fats & Oils | 0-1 | Item |
| Sweet Foods | 1 | Item |
| | | |
| | | |

| 3-4 Persons in your Household | | |
|-------------------------------|-----|-------|
| Grains | 4-5 | Items |
| Vegetables | 7-9 | Items |
| Fruit | 7-9 | Items |
| Dairy | 4-5 | Items |
| Meats & Non Meat Protein | 4-5 | Items |
| Combination Foods | 3-4 | Items |
| Fats & Oils | 0-1 | Item |
| Sweet Foods | 1 | Item |
| | | |
| | | |

| 5-6 Persons in your Household | | |
|-------------------------------|-------|-------|
| Grains | 6-7 | Items |
| Vegetables | 11-12 | Items |
| Fruit | 11-12 | Items |
| Dairy | 6-7 | Items |
| Meats & Non Meat Protein | 6-7 | Items |
| Combination Foods | 5-6 | Items |
| Fats & Oils | 1-2 | Items |
| Sweet Foods | 2 | Items |
| | | |
| | | |

| 7-8 Persons in your Household | | |
|-------------------------------|-------|-------|
| Grains | 8-9 | Items |
| Vegetables | 13-14 | Items |
| Fruit | 13-14 | Items |
| Dairy | 8-9 | Items |
| Meats & Non Meat Protein | 8-9 | Items |
| Combination Foods | 7-8 | Items |
| Fats & Oils | 1-2 | Items |
| Sweet Foods | 2 | Items |
| | | |
| | | |



FOOD CARDS: ESPAÑOL

Please call the Member Services Department at 330.535.6900 to request an electronic version of the cards. Card quantities can be changed to best suit your program.

| 1-2 Personas en la familia | | |
|-----------------------------------|-----|-----------|
| Granos | 2-3 | artículos |
| Verduras | 3-6 | artículos |
| Frutas | 3-6 | artículos |
| Productos Lácteos | 2-3 | artículos |
| Carnes Y Frijoles | 2-3 | artículos |
| Comidas Combinadas | 1-2 | artículos |
| Grasas y Aceites | 0-1 | artículo |
| Comidas Dulces | 1 | artículo |
| | | |
| | | |

| 3-4 Personas en la familia | | |
|-----------------------------------|-----|-----------|
| Granos | 4-5 | artículos |
| Verduras | 7-9 | artículos |
| Frutas | 7-9 | artículos |
| Productos Lácteos | 4-5 | artículos |
| Carnes Y Frijoles | 4-5 | artículos |
| Comidas Combinadas | 3-4 | artículos |
| Grasas y Aceites | 0-1 | artículo |
| Comidas Dulces | 1 | artículo |
| | | |
| | | |

| 5-6 Personas en la familia | | |
|-----------------------------------|-------|-----------|
| Granos | 6-7 | artículos |
| Verduras | 11-12 | artículos |
| Frutas | 11-12 | artículos |
| Productos Lácteos | 6-7 | artículos |
| Carnes Y Frijoles | 6-7 | artículos |
| Comidas Combinadas | 5-6 | artículos |
| Grasas y Aceites | 1-2 | artículos |
| Comidas Dulces | 2 | artículos |
| | | |
| | | |

| 7-8 Personas en la familia | | |
|-----------------------------------|-------|-----------|
| Granos | 8-9 | artículos |
| Verduras | 13-14 | artículos |
| Frutas | 13-14 | artículos |
| Productos Lácteos | 8-9 | artículos |
| Carnes Y Frijoles | 8-9 | artículos |
| Comidas Combinadas | 7-8 | artículos |
| Grasas y Aceites | 1-2 | artículos |
| Comidas Dulces | 2 | artículos |
| | | |
| | | |

3-DAY FOOD SUPPLY

How to Provide a 3-Day Food Supply

The amount of food a client leaves your pantry with should be based on their household size. The goal is to provide each person in the household with approximately a three day supply of food. For example portion/household sizes, please refer to the client choice food cards.



Photos like this can be accessed by visiting choosemyplate.gov and selecting Printable Materials & Ordering. This website, operated by the USDA, can be useful when planning a 3 day food package for your clients. Different color schemes are available free of charge.

Use these tips with your clients for healthier selection:

- **Fruits/Vegetables**
Choose a variety of colors and try to fill half of your plate with these foods.
- **Grains**
Try to choose whole grains over white, refined breads, if available.
- **Protein**
Choose lean meats such as tuna, chicken, turkey, & fish. Opt for a 95% lean choice if you select ground beef. Beans are a good source of protein, too.
- **Dairy**
Choose low-fat or fat-free products such as 1% or skim milk or reduced-fat yogurt and cheese



MAKING THE MOST OF IT

Does your pantry serve foods commonly not chosen by clients?

Offer recipe suggestions that can help clients see the use for these foods. Offering tips on how to prepare these items can help.

Examples

- **Beets** can be sliced and used to add a splash of color and flavor to salads. Beets can also make a vibrant and delicious side dish.
- **Small turnips** can be sliced and added to salad for a hint of sweet flavor. Large turnips can be baked, boiled, sautéed, or steamed and used as a healthy side dish.
- **Spinach** can be used in salad or can be cooked down in a pan and tossed in with pasta or onto boiled potatoes.
- **Cabbage** can be chopped and used in soup or to make homemade coleslaw (you can also use turnips for coleslaw.)
- **Rutabaga** can be boiled and garnished with salt, pepper, and parsley for a nice, warm side dish. Try steaming and then tossing a rutabaga with olive oil, salt, pepper, and minced garlic.

Staple foods can be used for a variety of meals and snacks.

Encourage your clients to plan several meals and snacks using their staple items:

Examples

- **Boxed Cereal:** Cereal can be eaten alone or can be crushed and added to low-fat yogurt for a healthy snack. Cereal can also be a good addition to an easy homemade trail mix.
- **Peanut Butter:** This is a great topping for many fruits and vegetables. Use peanut butter on celery, bananas, or apples (or your favorite fruit) for added flavor and protein.
- **Canned Tuna:** Tuna can be mixed with light mayonnaise and eaten with bread as a sandwich or scooped onto a salad. Also, tuna salad can be a great spread for wheat crackers. Add diced celery for an added crunch.
- **Canned Vegetables:** Compliment meals with vegetables. Corn can be used for added color and texture to mashed potatoes or can be added to salsa or a Southern-style salad for an extra crunch. Canned pinto beans can be mashed with vegetable oil and used as a dip or spread for baked tortilla chips or burritos. Also, canned vegetables are a great addition to soup.



USE THIS INSTEAD

Offer these commonly stocked items that can be emergency substitutions for items that your pantry may not supply. Help your clients keep cooking homemade meals!

Ingredient Substitutions

- 1 Cup Buttermilk: 1 Tbsp. lemon juice or white vinegar + enough milk to make a total of 1 cup (let stand for a few minutes).
1 cup of plain yogurt can work as well
- 1 Medium Clove of Fresh Garlic: 1/8 tsp. garlic powder or ¼ tsp. instant minced garlic
- 1 Tbsp. Fresh Herbs: ¾ to 1 tsp. dried herbs
- 1 Tbsp. Fresh Lemon Juice: 1 Tbsp. bottled lemon juice or white vinegar
- 1 Tbsp. Yellow Mustard: 1 tsp. ground mustard
- 1 Cup Milk: ½ cup evaporated milk + 1 cup water
or non-fat dry milk prepared as directed
- 2 Cups Tomato Sauce: ¾ cup tomato paste + 1 cup water
- 1 Cup Plain Yogurt: 1 cup sour cream
- 1 tsp. Baking Powder: ¼ tsp. baking soda + ½ tsp. cream of tartar
- ¼ Cup Dry Bread Crumbs: ¼ cup finely crushed cracker crumbs, corn flakes,
or quick-cooking/old-fashioned oats
- 1 Cup Broth: 1 tsp. bouillon granules (or 1 cube) dissolved in 1 cup of boiling water
- 1 Cup Packed Brown Sugar: 1 cup granulated sugar mixed with 2 Tbsp. molasses or dark corn syrup
- 1 Cup Light Corn Syrup: 1 cup granulated sugar + ¼ cup water
- 1 tsp. Pumpkin or Apple Spice: ½ tsp. ground cinnamon, ¼ tsp. ground ginger, 1/8 tsp. ground allspice, and 1/8 tsp. ground nutmeg



KEY POINTS & TIPS

- Client choice is about choosing from a variety of food no matter how big or small.
- Allow pantry customers to choose food from your inventory.
- Aim for a variety and balance of foods from each of the food groups.
- Arrange pantry shelves or tables according to the food groups. This can help pantry customers make better and more balanced food choices.
- Rotate your stock. Use the FIFO system - First In First Out.
- Be generous with fresh fruits and vegetables.
- Offer whole grains (whole-wheat bread, brown rice, oatmeal) as much as possible.
- Provide lean protein options such as tuna, beans, and venison.
- Keep low-fat dairy products on hand when possible compared to dairy products made from whole milk.
- Hand out recipes from other sources.
- Make a place for snacks, cookies, pastries, and other goodies. Your customers will enjoy the special treats.



ADDITIONAL RESOURCES

THE OHIO STATE UNIVERSITY EXTENSIONS (by County)

Carroll County

613 N. High Street
Carrollton, Ohio 44615-1336
Phone: 330.627.4310
<http://carroll.osu.edu>

Holmes County

75 E. Clinton St, Suite 109
Millersburg, OH 44654
Phone: 330.674.3015
<http://holmes.osu.edu>

Medina County

120 W. Washington St, Suite 1L
Medina, OH 44256
Phone: 330.725.4911
<http://medina.osu.edu>

Portage County

6970 SR 88
Ravenna, OH 44266-9150
Phone: 330.296.6432
<http://portage.osu.edu>

Stark County

2650 Richville D SE, Suite 100
Massillon, Ohio 44646
Phone: 330.830.7700
<http://stark.osu.edu>

Summit County

2525 State Rd, Suite 250
Cuyahoga Falls, OH 44223
Phone: 330.928.4769
<http://summit.osu.edu>

Tuscarawas County

419 16th St SW
New Philadelphia, Ohio 44663-6902
Phone: 330.339.2337
<http://tuscarawas.osu.edu>

Wayne County

428 W Liberty St.
Wooster, Ohio 44691-5092
Phone: 330.264.8722
<http://wayne.osu.edu>

ADDITIONAL RESOURCES

Ohio Association of Second Harvest Food Banks

Making the Switch: A Guide for Converting to a Client Choice Food Pantry
51 North High Street, Suite 761
Columbus, OH 43215
Phone: 614.221.4336
www.oashf.org

Akron-Canton Regional Foodbank

350 Opportunity Parkway
Akron, OH 44307
Member Services Department
Phone: 330.535.6900
www.akroncantonfoodbank.org

Ohio Benefit Bank

www.ohiobenefits.org

Choose My Plate.Gov

www.choosemyplate.gov/MyPlate