



Vegetables-fresh	Nutrition	Quality	Quantity	# of servings	Product dated	Notes
red potatoes, fresh	good source of vitamin C	good quality/no visible bad spots	10 pieces	10-12 veg	n/a	
yellow onions, fresh		good quality/no visible bad spots	4 pieces	8 veg	n/a	
radishes, fresh		good quality/no visible bad spots	12 pieces	6 veg	n/a	
cucumbers, fresh		good quality/no visible bad spots	4 small	6 veg	n/a	
zucchini, fresh	good source of vitamin C	good quality/no visible bad spots	6 medium	12 veg	n/a	
avocado, fresh	good source of heart-healthy fats	good quality/no visible bad spots	4 medium	4-6 veg	n/a	
celery, fresh	good source of fiber	good quality/no visible bad spots	1 bunch	5 veg	n/a	
carrots, fresh	Good source of vitamin A	good quality/no visible bad spots	5 large	6-8 veg	n/a	
Vegetables-canned	Nutrition	Quality	Quantity	# of servings	Product dated	Notes
organic tomato paste, Kirkland brand	low in sodium		6 oz	5 veg	4/28/2024	
condensed tomato soup, Campbell's brand	high in sodium		10.75 oz	2.5 veg	12/6/2022	
canned green beans, Del Monte brand	high in sodium		14.5 oz	3.5 veg	11/25/2022	
canned green beans, Early Garden brand	low in sodium		14.5 oz	3.5 veg	12/5/2022	
canned stewed tomatoes with basil, garlic & oregano	No Nutrition Facts panel on can (ingredients are listed). Good source of vitamins A and C.		14.5 oz	3.5 veg	5/21/2023	
Fruit	Nutrition	Quality	Quantity	# of servings	Product dated	Notes
pears, fresh		good quality/no visible bad spots	5 pieces	5 fruit	n/a	
kiwi, fresh	good source of vitamin C	good quality/no visible bad spots	4 pieces	4 fruit	n/a	
navel oranges, fresh	good source of vitamin C	good quality/no visible bad spots	4 pieces	4 fruit	n/a	
Granny Smith apples, fresh		good quality/no visible bad spots	3 medium, 1 small	4 fruit	n/a	
red grapes, fresh		good quality/no visible bad spots	2 lb 7 oz		n/a	
honeydew melon, fresh	good source of vitamin C	good quality/no visible bad spots	1	6-8 fruit	n/a	
canned mixed fruit in juice, McTrader brand			15 oz	3 fruit	45220	
canned pineapple chunks in pineapple juice, Raley's brand			20 oz	4 fruit	12/27/2023	
Protein foods	Nutrition	Quality	Quantity	# of servings	Product dated	Notes
eggs, fresh, Olivera brand			1 dozen	6 protein	11/13/2021	
pinto beans, dried, Celia's brand	good source of fiber		1 lb	10 protein	8/20/2023	
wild pollock fillets, frozen, Trident brand	fat free		32 oz	8 protein	none (production date 6/18/21)	
chunk light tuna, packed in vegetable oil, StarKist brand	Water pack preferred.		5 oz	1-2 protein	3/7/2023	

chunk light tuna, packed in water, Ancla brand	Contains texturized soy protein.		5 oz	1-2 protein	5/1/2025	
ground beef, frozen, 85% lean, Caviness brand			1 lb	4 protein	2/10/2022	
<b>Dairy foods</b>	<b>Nutrition</b>	<b>Quality</b>	<b>Quantity</b>	<b># of servings</b>	<b>Product dated</b>	<b>Notes</b>
mild cheddar cheese, block, Challenge brand	good source of calcium		8 oz	4-6 dairy	11/22/2021	
plain lowfat yogurt, Producers brand	good source of calcium		32 oz	4-5 dairy	11/26/2021	
milk, 2%, fresh, Producers brand	good source of calcium/vitamin D		1/2 gallon	8 dairy	11/6/2021	
nonfat dry milk, Mountain Maid brand	good source of calcium/vitamin D		12.8 oz (constitutes to 1 gallon)	16 dairy	10/15/2022	
shelf-stable milk, organic lowfat, Horizon brand	good source of calcium/vitamin D		4 boxes (8 oz each)	4 dairy	12/24/2021	
<b>Grains</b>	<b>Nutrition</b>	<b>Quality</b>	<b>Quantity</b>	<b># of servings</b>	<b>Product dated</b>	<b>Notes</b>
cereal, Fit & Active brand vanilla almond flakes	whole grain is second ingredient, provides 3g fiber; 9g added sugars per serving		12.4 oz	9 grain	11/10/2021	
chewy granola bars, trail mix flavor	unable to assess		4	4 grain	none listed	No brand or nutrition facts listed
long grain brown rice, Gulf Pacific brand	whole grain		1 lb	10 grain	44765	
elbow pasta, Villa Maria brand	refined grain		1 lb	8 grain	1/13/2024	
<b>Mixed foods</b>	<b>Nutrition</b>	<b>Quality</b>	<b>Quantity</b>	<b># of servings</b>	<b>Product dated</b>	<b>Notes</b>
water, Glacier brand			16.9 oz	n/a	8/1/2023	

<b>Recommended servings for 15 days:</b>		<b>Total food group servings provided:</b>		<b>Suggest to increase:</b>
Vegetables	45-75	Vegetables	64-70	
Fruit	30-60	Fruit	30-32	
Protein	45	Protein	30-32	Protein
Dairy	45	Dairy	36-39	Dairy
Grains	90	Grains	21	Whole grains

**Other Notes:**

Specific items included may vary from month to month based on availability. Evaluation will be conducted twice yearly and adjustments made as necessary.

**Overall evaluation of groceries:**

- Foods provided at least half of recommended servings from all food groups for a 15-day period, assuming client receives groceries twice monthly.
- Items were packed appropriately to avoid crushing of softer items and to separate refrigerated items from shelf-stable. Cans were not dented or damaged. Some bags would be too heavy for some clients to carry, which would especially be a concern if they are using public transit.
- Foods overall were very fresh and had enough remaining shelf life to be of use. There were plenty of vegetables, both starchy and non-starchy.
- Foods were mostly American types with few other cultural foods, but all should be easily recognizable to clients.
- Quantities of each item were more appropriate to avoid spoilage.
- Number of grain servings was lower than last evaluation.

**Recommendations:**

- Continue to limit sodium and added sugar content in canned vegetables and shelf-stable foods.
- Continue to ensure that half of the grain servings are whole grain.
- Provide easy recipes or tip sheets on using some foods, if possible
- Offer non-dairy alternatives to dairy products if possible.