



NEFPAT

Nutrition Environment
Food Pantry
Assessment Tool

I
ILLINOIS
Extension

COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES



General Information

Directions: This assessment tool is meant to provide perspective on the nutritional environment of the food pantry. Items marked with a * 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.

Date

Name of Assessor

Name of Food Pantry

Address & City

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 Zip code or for students-only)? Yes No



General Information *(Continued)*

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

Notes:



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 ≤ 12 g Sugar, **or** Vegetables with ≤ 230 mg Sodium and ≤ 2 g Sat. fat)
- 3.4. Frozen (Any type, no frostbite)
- 3.5. Frozen (≤ 12 g Sugar, ≤ 230 mg Sodium, & ≤ 2 g Sat. fat)
- 3.6. Dried (any type, no mold and packaging intact)
- 3.7. Dried (≤ 12 g Sugar, ≤ 230 mg Sodium, & ≤ 2 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:

- 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, Senior Farmers Market coupons 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 onsite garden or other gardening resources*
- 5.5. Distributes Medicaid/affordable health care 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

I ILLINOIS

Extension

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

This material funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating.

Appendix A.

Foods to Encourage (F2E)

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

Fruits

- 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:** 0g

Vegetables

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:** 0g

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:** 0g
- 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:** 0g

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:** 0g
- Nuts/Seeds responding spreads that meet the criteria below:
 - ♦ **Sodium:** $\leq 230\text{mg}$
 - ♦ **Total Sugar:** $< 4\text{g}$ per 2T/1 oz
 - ♦ **Trans Fat:** 0g

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

Fruits

Cherry
Cranberry
Grapefruit
Pomegranate
Raspberry
Red Apple
Red Grape
Strawberry
Watermelon

Vegetables

Beets
Chili Pepper
Radish
Red Onion
Red Pepper
Tomato

White or Tan/Brown

Fruits

Banana
Pear

Vegetables

Cauliflower
Garlic
Ginger
Jicama
Kohlrabi
Mushroom
Onion
Parsnip
Potato
Turnip

Yellow/Orange

Fruits

Apricot
Cantaloupe
Lemon
Mango
Nectarine
Orange
Peach
Pineapple
Tangerine
Yellow Apple

Vegetables

Carrot
Corn
Pumpkin
Squash
Sweet Potato
Yellow Pepper
Yellow Tomato

Blue/Purple

Fruits

Blackberry
Blueberry
Purple Grape
Plum
Raisin

Vegetables

Black Olive
Purple Cabbage
Eggplant

Green

Fruits

Green Apple
Green Grape
Honeydew
Kiwi
Lime

Vegetables

Avocado
Asparagus
Broccoli
Brussel 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

*List is not exhaustive

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