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Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

UI Health
Office of Community Engagement and
Neighborhood Health Partnerships



Nutrition Environment Food Pantry Assessment Tool Plus NEFPAT+



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ASSESSOR NAME: _____ DATE: _____

ASSESSOR EMAIL: _____

DOES THIS PANTRY PARTICIPATE IN THE NUTRITION PANTRY PROGRAM (NPP)? _____

Pantry Information

PANTRY NAME: _____

PANTRY ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PANTRY CONTACT NAME: _____

CONTACT INFO (PHONE, EMAIL, ETC.): _____

1. IS THIS FOOD PANTRY A MEMBER OF A FOOD BANK? YES / NO IF YES, WHICH? _____

2. DOES THE PANTRY RESTRICT WHO CAN ACCESS ITS SERVICES (E.G. BY ZIP CODE, STUDENTS-ONLY, OLDER ADULTS ONLY, VETERANS ONLY, OR OTHERS)? YES / NO

IF YES, HOW? _____

3. HOW FREQUENTLY IS THE PANTRY OPEN? _____

4. HOW OFTEN CAN CLIENTS SHOP FOR FOOD? _____

5. IS PUBLIC TRANSIT AVAILABLE NEAR THE PANTRY? YES / NO

IF YES, HOW CLOSE IS IT (IN MILES)? _____

6. NUMBER OF PEOPLE SERVED BY FOOD PANTRY EACH MONTH:

	TOTAL	DON'T KNOW
HOUSEHOLDS		
INDIVIDUALS*		

*If total number of individuals is not available, multiply number of households by 2.0 (national average, size of SNAP households, FY18, found at <https://www.fns.usda.gov/SNAP-household-state-averages>)

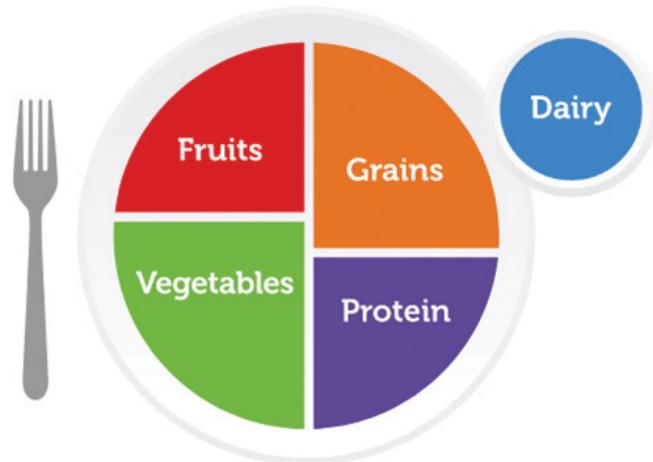
Introduction

The goal of NEFPAT+ is to help food pantries identify ways they promote health and nutrition in their pantry, and to get ideas for the future. It can also be used to track a pantry's progress over time. ***The goal is not to achieve a perfect score.*** On-site observations should be made just before (or during) food distributions. Scorers should award points based on visual observations and information given by staff, volunteers, and pantry documents.

The NEFPAT+ uses the term ***Nutritious*** to identify health-promoting foods.

Objective 2 includes the list of foods considered ***Nutritious***. This list is referred to in Objectives 3, 4, and 6. The list is informed by various sources, listed on page 7. Scorers do not need to have prior knowledge of these sources to complete the NEFPAT+.

MyPlate is a simple nutrition guide to help Americans select foods and plan meals that support health, even on a budget. The five food groups include fruits, vegetables, proteins, grains, and dairy. The MyPlate graphic is included as a reference any time MyPlate is referenced in an Objective. Want to see how your pantry is doing? Complete a NEFPAT+ today!



MyPlate.gov



Scored Objectives

OBJECTIVE 1

Offers a Variety of Fruits and Vegetables

READ ME FIRST: All scores are based on foods **present** at the time of scoring. Count all forms of fruits and vegetables including fresh, canned, dried, frozen, and juiced. Only count each type of fruit or vegetable once, e.g., “apples, applesauce, dried apples, and apple juice = one fruit” or “tomatoes, tomato sauce, sun-dried tomatoes, and tomato juice = one vegetable.” Do not count items unsafe to eat like rusty or dented cans, frostbitten frozen foods, unsealed packages of dried foods, or fresh foods with mold or spoilage. If needed, use the **MyPlate Fruits & Vegetables List** from the NEFPAT+ Toolkit for reference.

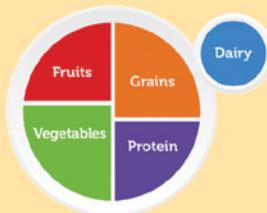
- 1a. Has at least five different fruits available.
- 1b. Has at least five different vegetables available.
- 1c. Has more than 10 different fruits and vegetables available.

_____ Write total number of boxes marked (3 points possible)

OBJECTIVE 2

Offers Nutritious Foods from each MyPlate Food Group

READ ME FIRST: Objective 2 is the list of Nutritious foods. All scores are based on foods present at the time of scoring. **At least one item should be found for each checkbox.** Use information on the front of the food label or the Nutrition Facts Panel. Do not count items unsafe to eat like rusty or dented cans, frostbitten frozen foods, unsealed packages of dried foods, or fresh foods with mold or spoilage.



- 2a. **Fruits | count items packaged in water or 100% juice and those with no added sugar or sauces**
 - Fresh
 - Frozen
 - Canned, jarred, or pouches
 - Dried/dehydrated
 - 100% juice

2b. Vegetables | count items with no added sauces, no added salt, or labeled low sodium (≤ 140 mg sodium per serving)

- Fresh
- Frozen
- Canned, jarred, or pouches
- Dried/dehydrated

2c. Animal-based Protein | count fresh and frozen items with no breading and packaged meats packed in water

- Whole or ground lean cuts (sirloin (90/10), chuck (80/20), round (85/15), venison, skinless poultry)
- Fish or shellfish
- Canned, jarred, or pouches of chicken or fish
- Eggs

2d. Plant-Based Protein | count items with no added salt, seasoning, or labeled low sodium (≤ 140 mg sodium per serving)

- Dried beans, dried lentils, or canned beans
- Nuts and seeds
- Tofu, tempeh, or other soy or vegetable-based blends

2e. Grains | count items with whole grain as the first ingredient or labeled a Good or Excellent source of fiber (≥ 3 g dietary fiber per serving)

- Whole grain breads—bread, rolls, whole grain pancake mix, bagels, pita, tortillas, etc.
- Whole grains—brown/wild rice, barley, plain oats, bulgur, quinoa, whole wheat flour, etc.
- Whole wheat pasta
- Cereal

2f. Dairy | fresh or shelf-stable

- Reduced fat (2%), low-fat (1%) or non-fat (skim) milk—unflavored
- Low-fat or non-fat yogurt (≤ 3 g fat per serving)
- Low-fat or non-fat cheese or cottage cheese (≤ 3 g fat per serving)
- Non-Dairy Alternatives (e.g., soy milk, almond milk), unsweetened plain or unsweetened vanilla

_____ Write total number of boxes marked (24 points possible)

OBJECTIVE 3

Increase Client Choice for Nutritious Foods

READ ME FIRST: Objective 2 (above) is the list of foods considered ***Nutritious***. All scores are based on practices ***present*** at the time of scoring.

- 3a. Uses client choice model—can include window, table, menu, online, or grocery store styles.
 - Clients can choose which foods they want from at least one MyPlate food group
 - Choice items include Nutritious foods
- 3b. Offers items from each of the five MyPlate food groups: fruits, vegetables, proteins, grains, dairy.
- 3c. Uses funds to buy Nutritious foods or encourages donations of Nutritious foods (e.g. distributes a list of suggested foods).
- 3d. Seeks fresh produce from local sources via gleaning, community gardens, having an onsite garden, farms, AmpleHarvest.org, or other approaches.
- 3e. Clients can shop for food more than once per month.

_____ Write total number of boxes marked (6 points possible)

OBJECTIVE 4

Market, Promote, and Nudge Nutritious Foods

READ ME FIRST: Objective 2 (above) is the list of foods considered ***Nutritious***. All scores are based on practices ***present*** at the time of scoring.

4a. **Uses signage to encourage selection of *Nutritious* foods and healthy lifestyles.**

- Point-of-decision signage to encourage the selection of specific items (small signs, stickers, symbols identifying nutritious items on shopping lists, shelf talkers, etc.)
- Signage promoting general healthy eating (MyPlate materials, posters, window stickers, a-frames, yard signs, shelf talkers with general messages, etc.)

4b. ***Nutritious* foods are displayed before, in front of, or above other foods.**

4c. At least one ***Nutritious*** food is included in a bundle to display items together as a meal or recipe. Bundles can be bagged, highlighted in a featured display, or placed on nearby shelves.

4d. Offers recipes to promote ***Nutritious*** foods to clients.

4e. ***Nutritious* foods are easy to see and reach or are easy for clients to identify to volunteers.**

_____ Write total number of boxes marked (6 points possible)

OBJECTIVE 5

Has Guidelines for Food Safety, Nutrition, and Customer Service

READ ME FIRST: All scores are based on practices **present** at the time of scoring. Scorers should first review pantry documents and signage when scoring this section. If additional clarity is needed discuss practices with pantry personnel.

5a. Ensures safe food handling and food distribution with signage, written guidelines, policies, or other practices.

5b. Has a written, implemented nutrition policy or guidelines. Includes:

- Statement of purpose
- An identified nutrition system to rank foods
- Foods to increase or promote
- Foods to limit or divert
- A strategy for sharing policy with volunteers and community
- A plan for reviewing policy at least once a year

5c. Has guidelines or practices that support customer service and inclusivity:

- Has a policy and/or training that outlines customer service and inclusion practices.
- Mission statement reflects commitment to inclusive practices.
- Online listing is up to date on platforms like Facebook, Google, food finder maps or others.
- Uses digital platforms to market services and/or available food.

_____ Write total number of boxes marked (12 points possible)

OBJECTIVE 6

Prioritizes Health & Inclusion in Pantry Operations

READ ME FIRST: All scores are based on practices **present** at the time of scoring. Scorers should first review pantry documents and signage when scoring this section. If additional clarity is needed discuss practices with pantry personnel.

- 6a. Has a system in place to identify the nutritional value of foods received (SWAP, MyPlate, etc.).
- 6b. Uses labeling system to help clients find items for specific dietary needs (vegetarian, low sodium, diabetes friendly, gluten free, etc.).
- 6c. Offers food samples to promote Nutritious foods to clients.
- 6d. Pantry clients serve on pantry board or other decision-making groups within the pantry.
- 6e. Asks about and responds to client needs (surveys, conversation, intake forms, etc.) including:
 - Culturally familiar food needs
 - Specific dietary food needs
 - Preferred languages for communication or materials
 - Encourages donations or uses funds to buy foods specific to the needs identified
- 6f. Creates a welcoming and inclusive space:
 - Signs and resources are written at middle school reading level or below
 - Signs and resources are translated into languages of groups served
 - Signs and resources use inclusive language and images
- 6g. Provides volunteer education (in-person, verbal, online, resource guides, etc.) on relevant topics:
 - Nutrition (e.g., Hunger & Health, nudges, SWAP, etc.)
 - Food safety (e.g., expiration dates, produce handling, First In/First Out, etc.)
 - Customer service (e.g., culturally sensitive communication, respectful service, etc.)

_____ Write total number of boxes marked (14 points possible)

OBJECTIVE 7

Promotes Partnerships & Provides Additional Resources

READ ME FIRST: All scores are based on practices **present** at the time of scoring. Scorers should first review pantry documents and signage when scoring this section. If additional clarity is needed discuss practices with pantry personnel.

7a. Partners with a variety of external groups, such as:

- Healthcare or public health organizations
- Culture or population specific groups
- Universities, colleges, or schools (includes Cooperative Extension and Outreach)
- Youth groups or 4-H clubs
- Community coalitions or networks

7b. Provides education, programs, or resources to clients directly or through partnerships:

- Nutrition or cooking
- Gardening
- Finances or financial empowerment
- Health related programs or screenings

7c. Provides information or referrals to local resources:

- Supplemental Nutrition Assistance Program (SNAP) application support
- Other food assistance programs (WIC, SFMNP, Meals on Wheels/senior meal sites, etc.)
- Medicaid and/or affordable healthcare
- Mental health services
- Employment
- Self or family-improvement (financial empowerment, parenting, etc.)
- Physical activity
- Services to meet needs of specific populations (childcare, disability support services, housing services, veterans, etc.)

7d. Provides or promotes services that address transportation and mobility barriers of clients:

- Mobile markets
- Home delivery
- Transportation vouchers or passes

_____ Write total number of boxes marked (20 points possible)

OVERALL NOTES:

NEFPAT Total Score

	# OF POINTS	POSSIBLE POINTS
TOTAL FOR OBJECTIVE 1		3
TOTAL FOR OBJECTIVE 2		24
TOTAL FOR OBJECTIVE 3	Type text here	6
TOTAL FOR OBJECTIVE 4		6
TOTAL FOR OBJECTIVE 5		12
TOTAL FOR OBJECTIVE 6		14
TOTAL FOR OBJECTIVE 7		20
TOTAL SCORE		85

Are you interested in help improving your overall score? YES / NO / UNSURE

What experience does your pantry have promoting nutrition and health? (mark all that apply)

- No prior experience or plans
- Planning and preparing
- Started implementing strategies or changes
- Continuing to implement additional strategies or changes
- Maintaining strategies or changes

Nutritious foods list (objective 2) sources

1. USDA's MyPlate (www.myplate.gov)
2. HER Nutrition Guidelines for the Charitable Food System (www.healthyeatingresearch.org)
3. The Healthy Choice by FoodLink (www.foodlinkny.org)
4. FDA's Food Labeling Guide (<https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide>)

Optional Information

The information in this section can be useful for creating a pantry action plan. This section is unscored and is not a required component of NEFPAT+. It can be sent to the pantry before/after assessing the scored section.

Sources of Food and Funding

Food	Funding	Estimated percent of overall inventory by type	%
<input type="checkbox"/>	<input type="checkbox"/>	Federal commodities (e.g. TEFAP)	_____ %
<input type="checkbox"/>	<input type="checkbox"/>	TANF	_____ %
<input type="checkbox"/>	<input type="checkbox"/>	Food Bank	_____ %
<input type="checkbox"/>	<input type="checkbox"/>	Food retailers (e.g. local grocery stores)	_____ %
<input type="checkbox"/>	<input type="checkbox"/>	Private donors (e.g. local faith-based groups, non-food retailers, individuals, etc.)	_____ %
<input type="checkbox"/>	<input type="checkbox"/>	Farmers or growers	_____ %
<input type="checkbox"/>	<input type="checkbox"/>	Another food pantry	_____ %
<input type="checkbox"/>	<input type="checkbox"/>	Business, organization, or growers who provide specific culturally familiar foods	_____ %
<input type="checkbox"/>	<input type="checkbox"/>	Other (please specify)	_____ %
			TOTAL: 100%

Facility Characteristics

1. Does the facility size, location, and layout meet the needs of guests?
2. Does the facility size, location, and layout meet the needs of volunteers? **YES / NO / UNSURE**
3. Does your pantry have enough cooler space? **YES / NO / UNSURE**
4. Does your pantry have enough freezer space? **YES / NO / UNSURE**
5. Does the facility allow your pantry to be set-up permanently? **YES / NO / UNSURE**
6. Does the pantry have enough volunteers? **YES / NO / UNSURE**
7. Does the pantry seek grants for facility, capacity, functional, or other needs? **YES / NO / UNSURE**

External Conditions

1. Have any external, uncontrollable factors (e.g. natural disasters, national/state policy changes, epidemics/ pandemics, etc.) influenced or changed usual policies or practices in the last 12 months? Does not include items like internal staffing changes, reduction in volunteerism, etc. **YES / NO**

If yes, please describe: _____

2. List changed policies or practices that you anticipate continuing.
