



## STOCKING STANDARDS

### Minimum Quantity Requirements

This is the minimum number of items required to be on the shelf in order to be counted as a variety below, based on number of households served per day. For example, a food shelf serving 25 families per day needs a minimum of 20 oranges, 20 boxes of pasta, 20 jars of peanut butter, etc.)

Households served per day	Quantity min required to be counted as a variety
0-20	10
21-40	20
41+	30

### Variety requirements

#### FRUITS AND VEGETABLES

**10 TOTAL varieties of Fruits and Vegetables** (fresh, canned, frozen, or dried)

- 5 varieties fresh or frozen fruits or vegetables
- 5 shelf stable (canned or dried) fruits or vegetables

#### DAIRY

**2 TOTAL varieties of dairy items**

- 1 variety milk product (preferably plain, but may count flavored)
- 1 additional variety dairy (Cheese, yogurt, milk alternative, etc.)

**Note:** Encourage yogurt, milk alternatives, and/or natural cheeses. (Velveeta and butter/margarine does not count)

#### PROTEINS

**8 TOTAL varieties of proteins**

- 3 varieties fresh or frozen proteins (eggs, beef, chicken breasts, tilapia)

Offer at least:

- 3 varieties beans/lentils (can be dried, or canned)
- 1 variety fish (can be canned, fresh, or frozen)
- 1 variety nut/seed butter option (ex: peanut butter)

## GRAINS

### 8 TOTAL varieties of grains

- 4 varieties **whole grains** (such as oatmeal, millet, whole wheat spaghetti, brown rice)

Offer at least:

- 1 variety plain breakfast grain (excludes sugary cereals)
- 1 variety plain rice (excludes boxed rice mixes with flavor packets)
- 1 variety plain noodles (excludes boxed noodles such as ramen or Mac & Cheese)
- 1 variety plain bread (excludes sweet breads of any sort)
- 1 variety whole grain cereal (can be hot or cold)

Note: A **plain grain** is defined as a grain packaged without added flavors, sugar, or seasonings.

## COOKING AND BAKING

### 5 TOTAL varieties of cooking, baking, and condiment items

Offer at least:

- 1 variety cooking oil
- 1 variety condiment (includes mustard, dressing, salsa, mayo, jam, marinades, etc.)
- 1 variety dried spice, herb, or rub blend
- 1 flour variety (ex: wheat, white, rice, maseca)
- 1 additional variety which may not be a sugary condiment or baking item

**Note:** The additional variety must be a cooking item. To meet total requirements of this standard, you can choose 2 condiments and a spice or 2 flours and a condiment, and so forth.

## CULTURALLY SPECIFIC

- Whenever possible, encourage culturally specific items in each category of food to meet the needs of clients.
  - Examples include: Maseca flour, rice noodles, jasmine rice, goat meat, dried beans, lentils, fufu flour, etc.