

Guidance for Providers: Pantry Stocking and Fruit & Vegetable Box Models

Pantry Stocking Box

General Guidance

- Box contents should provide up to 80 percent of recommended servings that support a 2,000-calorie diet, consistent with the [Dietary Guidelines for Americans Daily Servings Guide](#).
- On a weekly basis, boxes should include up to 11 servings of fruit, 16 servings of vegetables, 19 servings of protein foods, 16 servings of dairy, 16 servings of whole grains, and 22 servings of healthy fats.
- The associated costs of foods reflect those included in the [Thrifty Food Plan](#) which is scheduled to be updated in 2027. The Thrifty Food Plan considers foods that are intended to be purchased on a limited budget to support a healthy diet through nutritious meals and snacks at home.
- OHA expects each weekly Pantry Stocking Box per member to include approximately **\$61.75 worth of food**.

Box Examples

The following examples are illustrative and non-exhaustive. Providers may substitute comparable items based on availability, seasonality, and cultural relevance.

Allergen free does not contain products with the 9 allergens: milk, eggs, wheat, fish, shellfish, peanuts, soybean or tree nuts, and is also free of sesame and/or sesame oil.

	Box #1: Generic	Box #2: Allergen Free
Protein (approx. 19 servings)	<ul style="list-style-type: none"> • Chicken breast (8 oz. can = 2 servings) • Ground beef (1 lb. = 4 servings) 	<ul style="list-style-type: none"> • Chicken breast (two 8 oz. cans = 4 servings) • Ground beef (1 lb. = 4 servings)

	<ul style="list-style-type: none"> • Canned tuna (one 5 oz. can = 1 serving) • Black Beans (one 15 oz. can = 3 servings) • Garbanzo Beans (one 15 oz. can= 3 servings) *^ • Eggs (6) (6 eggs = 6 servings) ** 	<ul style="list-style-type: none"> • Black Beans (15 oz. can = 3 servings) • Garbanzo Bean (one 15 oz. can= 3 servings)*^ • Soy-free Tofu (one 6 oz. pkg = 2 servings) • Sunflower seed butter (three 1 oz. pkgs = 3 servings)
Grains (approx. 16 servings)	Select One Option: <ul style="list-style-type: none"> • Whole Wheat Pasta (2 lbs. = 16 servings) • Corn or Flour Tortillas (8 ct. each = 16 servings) • Brown Rice (1.5 lbs. = 15 servings) • Whole Grain Bread (1 loaf = 16 servings) 	Select One Option: <ul style="list-style-type: none"> • Brown Rice (1.5 lbs. = 15 servings) • Gluten free pasta (two 12 oz. boxes = 12 servings) • Corn tortilla (16 ct. = 16 servings) • Oatmeal Packets (16 oz. = 16 servings)
Dairy/Dairy Alternative (approx. 16 servings)	<ul style="list-style-type: none"> • Shelf stable milk (six 8 oz. cartons = 6 servings) • Yogurt (two 4 oz. containers = 2 servings) • Shredded/block cheese (8 oz. = 8 servings) 	<ul style="list-style-type: none"> • Nondairy milk (32 oz. = 4 servings) • Nondairy Yogurt (four 4 oz. containers = 4 servings) • Nondairy sliced cheese (8 slices = 8 servings)
Fruit (approx. 11 servings)	<ul style="list-style-type: none"> • Raisins (two 1 oz. boxes = 2 servings) • Apple (4 = 4 servings) • Lime (1 = 1 serving) • Pears (2 = 2 servings) • Blueberries (2 cups = 2 servings) 	<ul style="list-style-type: none"> • Raisins (two 1 oz. boxes = 2 servings) • Apple (4 = 4 servings) • Lime (1 = 1 serving) • Pears (2 = 2 servings) • Blueberries (2 cups = 2 servings)
Vegetables (approx. 16 servings)	<ul style="list-style-type: none"> • Canned Tomatoes (15 oz. can = 3 servings) • Green Bean (one 14 oz. cans = 3 servings) • Red potatoes (5 = 4 servings) • Small cucumbers (2 = 3 servings) • Small Onions (2 = 2) • Spice Blend* 	<ul style="list-style-type: none"> • Assorted lettuce (two 5 oz. container = 3 servings) • Green Bean (one 14 oz. cans = 3 servings) • Red potatoes (5 = 4 servings) • Small cucumbers (2 = 3 servings) • Small Onions (2 = 2) • Spice Blend*

<p>Healthy Fats (approx. 22 servings)</p>	<ul style="list-style-type: none"> • Butter (2 sticks = 16 servings) ** • Almonds (6 oz. = 6 servings) * 	<ul style="list-style-type: none"> • Olive oil (one 6 oz. container = 12 servings) • Sunflower Seeds (4 oz. = 4 servings) • Small Avocado (3 = 6 servings)
	<p>Based on a 2000 calorie diet, daily servings for each food group should be approximately:</p> <ul style="list-style-type: none"> • Protein Foods: 3 oz cooked meat, poultry, or seafood; 1 egg; ½ cup beans, peas, or lentils; 1 oz nuts or seeds; 2 tbsp nut or seed butter; 3 oz soy • Dairy: 1 cup milk; ¾ cup yogurt; 1 oz cheese • Vegetables: 1 cup raw or cooked; 2 cups leafy greens • Fruits: 1 cup raw; ½ cup dried • Whole Grains: ½ cup cooked oats, brown rice, barley, quinoa, or buckwheat; 1 slice bread; 1 tortilla • Healthy Fats: 1 tsp olive oil or butter 	

*Low sodium or no salt added

^Could also go within vegetable category

**Consider including biweekly (eggs & butter) to account for the number generally sold (dozen, four sticks, etc.)

Supporting Members without Refrigerator/Freezer or Cooking/Heating Access

For members with limited or no refrigerator/freezer access and/or who are unable to heat or cook food for themselves, focus on shelf-stable, ready-to-eat items like canned proteins (tuna, chicken, beans), fruits, vegetables, jerky, nuts, seeds, crackers, and nut butter sandwiches. Offer an assortment of individual nut butter packets and fresh, durable fruits and vegetables like apples, oranges, and carrots. It can also be helpful to provide drinking water. Examples of appropriate foods for members in these types of situations include:

- **Proteins:** Beef jerky, dried meat sticks, shelf-stable milk or dried milk, canned tuna, canned salmon, canned chicken
- **Grains:** Tortillas, rice cakes, individual cereal boxes, granola bars, whole grain bread
- **Dairy/Dairy Alternatives:** Shelf-stable milk, yogurt, and cheese sticks (like Babybel), canned coconut milk
- **Fruits:** Apples, oranges, bananas (short-term), dried fruit, canned fruit or individual fruit cups

- **Vegetables:** Canned beans, canned vegetables, carrots, celery sticks, avocados
- **Healthy Fats:** Nuts, seeds, trail mix, individual peanut butter/nut butter packet

Fruit & Vegetable Box

General Guidance

- Box contents should provide up to 80 percent of the recommended servings that support a 2,000-calorie diet consistent with the [Dietary Guidelines for Americans Daily Servings Guide](#).
- On a weekly basis, boxes should include up to **11 servings of fruit** and **16 servings of vegetables**.
- The associated costs of foods reflect those included in the [Thrifty Food Plan](#) which is scheduled to be updated in 2027. The Thrifty Food Plan considers foods that are intended to be purchased on a limited budget to support a healthy diet through nutritious meals and snacks at home.
- OHA expects each weekly Fruit & Vegetable Box per member to include approximately **\$23.55 worth of produce**.

Box Example

The following example is illustrative and non-exhaustive. Providers may substitute comparable items based on availability, seasonality, and cultural relevance.

Fruit & Vegetable Box Example	
Fruits (approx. 11 servings)	Vegetables (approx. 16 servings)
<ul style="list-style-type: none"> • Small Apples (2 = 2 servings) • Small Pears (2 = 2 servings) • Medium Oranges (2 = 2 servings) • Strawberries (1 pound = 5 servings) 	<ul style="list-style-type: none"> • Carrots (8 oz. = 2 servings) • Small Russet Potatoes (3 potatoes = 3 servings) • Small Bell Pepper (1 = 1 serving) • Small Onion (1 = 1 serving) • Broccoli Florets (4 cups = 4 servings) • Canned green beans (14 oz. = 3 servings) • Fresh Cilantro (4 oz.– 2 servings)

Checklist for Fruit & Vegetable Box

Variety and Nutritional Diversity:

- Provide a variety of types and colors of fruits and vegetables to ensure a broad spectrum of nutrients and support maximum health benefits

Alignment with Dietary Guidelines:

- Box contents support up to 80 percent of the member's recommended daily Fruit & Vegetable intake based on a 2,000-calorie diet, consistent with the Dietary Guidelines for Americans
- Weekly box includes approximately:
 - Fruit: up to 11 servings
 - Number of fruit servings provided: [Click or tap here to enter text.](#)
 - Vegetables: up to 16 servings
 - Number of vegetable servings provided: [Click or tap here to enter text.](#)

Alignment with Fee Schedule:

- Box contents should include approximately \$23.55 worth of produce.

Person-Centered and Culturally Appropriate:

- Box contents reflect member preferences, dietary needs, and cultural considerations, where feasible

Eligibility and Delivery Confirmation:

- Member Oregon Health Plan (OHP) eligibility was confirmed on the delivery date, prior to box distribution
- Box was provided on a weekly or biweekly basis, consistent with program requirements

Food Quality Assurance:

- Packaging and shipping methods are designed to maintain the food quality and safety for 1-2 weeks

Checklist for Pantry Stocking Box

Variety and Nutritional Diversity:

- Provide a variety of foods in each category (i.e., protein, grains, etc.) to ensure a broad spectrum of nutrients and support maximum health benefits

Alignment with Dietary Guidelines:

- Box contents support up to 80 percent of the member's recommended daily food intake based on a 2,000-calorie diet, consistent with the Dietary Guidelines for Americans
- Weekly box includes approximately:
 - Protein: Up to 19 servings
 - Number of servings provided: Click or tap here to enter text.
 - Grains: Up to 16 servings
 - Number of servings provided: Click or tap here to enter text.
 - Dairy/Dairy Alternatives: Up to 16 servings
 - Number of servings provided: Click or tap here to enter text.
 - Fruit: Up to 11 servings
 - Number of servings provided: Click or tap here to enter text.
 - Vegetables: Up to 16 servings
 - Number of servings provided: Click or tap here to enter text.
 - Healthy Fats: Up to 22 servings
 - Number of servings provided: Click or tap here to enter text.

Alignment with Fee Schedule:

- Box contents should include approximately \$61.75 worth of food.

Person-Centered and Culturally Appropriate:

- Box contents reflect member preferences, dietary needs, and cultural considerations, where feasible

Eligibility and Delivery Confirmation:

- Member Oregon Health Plan (OHP) eligibility was confirmed on the delivery date, prior to box distribution

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Food Quality Assurance:

- Packaging and shipping methods are designed to maintain the food quality and safety for 1-2 weeks

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