

Foods to Encourage (F2E)

Designated by Feeding America, the Foods to Encourage (F2E) framework is intended to specify criteria within each food group category to promote food choices that are widely accepted as contributing positively to good health and align with the USDA MyPlate³. This criteria may serve as a guideline for pantry staff and volunteers. For support with staff training and questions regarding specific foods, please contact the Pantry Educator (mhrbal@gcfb.org).

Fruits and Vegetables

- Fresh with nothing added
- 100% Fruit or Vegetable Juice
- Canned, Dried or Frozen with no partially hydrogenated oils that meet the criteria below:
 - **Sodium:** $\leq 230\text{mg}^i$
 - **Total Sugar:** Fruit in lite syrup or 100% Juiceⁱⁱⁱ or $\leq 12\text{g}^iii$
 - **Sat Fat:** $\leq 2\text{g}^iv$
 - **Trans Fat:** 0g

Grains

- 100% whole grain (Rolled Oats, Barley, Wild Rice)
- Bread & Pasta with "whole grain" listed as the first ingredient^v & with:
 - $>10\%$ DV^{vi} or $\geq 2.5\text{g}$ fiber
- Cereal with "whole grain" listed as the first ingredient^{vii} & $>3\text{g}$ of dietary fiber
- Bread, Pasta & Cereal that meet the criteria below:
 - **Sodium:** $\leq 230\text{mg}$
 - **Total Sugar:** Bread/Pasta $\leq 0\text{g}^viii$
Cereal $\leq 12\text{g}^ix$
 - **Sat Fat:** $\leq 2\text{g}$
 - **Trans Fat:** 0g

Protein

- Eggs
- Nuts, Seeds, Beans and Lentils with nothing added
- Beans, Meat, Poultry and Seafood that meet criteria below:
 - **Sodium** $\leq 480\text{mg}^x$
 - **Sat Fat:** $\leq 2\text{g}^xi$
 - **Trans Fat:** 0g
- Nuts/Seeds responding spreads that meet the criteria below:
 - **Sodium:** $\leq 230\text{mg}$
 - **Total Sugar:** $<4\text{g}$ per 2T/1oz^{xii}
 - **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:** $\leq 480\text{mg}^xiii$
 - **Sat Fat:** $\leq 3\text{g}$ | **Trans Fat:** 0g
- Flavored milk, milk substitutes, and yogurt, that meets the criteria below:
 - **Sodium:** $\leq 480\text{mg}^xiii$
 - **Total Sugar:** $\leq 22\text{g}$ (milk^{xiv}) $\leq 30\text{g}$ (yogurt^{xv})
 - **Saturated Fat:** $\leq 3\text{g}$
 - **Trans Fat:** 0g

*Criteria is on a per serving basis.