



## Hand2Hand Food Guidelines

Revised 8/2022

- All food items given out in food bags must be shelf-stable and non-expired items
- All food items must be packaged by a food manufacturer unless packed in a health department approved kitchen
  - exceptions may include fresh fruit or vegetable items
- Storage space is to be rodent-proof, protected from extreme temperatures and accessible to you and your volunteers
- To be in accordance with food safety rules, food is to be stored four inches off the ground
- All food items to be packed in new plastic bags
- Weekly backpack should include a minimum of 10 shelf-stable nutritious items with a recommended variety of breakfast, lunch/dinner & snacks.
  - no glass items to be included in food bags
- For the following extend break food, bags must contain the following (see below for breakdown)
  - Thanksgiving / Spring break – extra snack or breakfast pack (3-4 items)
  - Christmas break – extra snack or breakfast (3-4 items) & lunch pack (3 items)
- Fresh fruit or vegetable to be included in food bag at least once per month
  - suggested items are apples, oranges, clementines, baby carrots, and potatoes

