



# NEFPAT

Nutrition Environment  
Food Pantry  
Assessment Tool

**I**  
**ILLINOIS**  
Extension

COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES



## General Information

**Directions:** This assessment tool is meant to provide perspective on the nutritional environment of the food pantry. Items marked with a \* indicate that valuations will be made using both objective observations, as well as questions to be asked of pantry staff/volunteers. Please make your assessment based on observations made during the food pantry's food distribution services.

Date \_\_\_\_\_

Name of Assessor \_\_\_\_\_

Name of Food Pantry \_\_\_\_\_

Address & City \_\_\_\_\_

Contact Name \_\_\_\_\_

Contact's Phone \_\_\_\_\_

Contact's Email \_\_\_\_\_

Number of **Individuals** served per month by food pantry\* \_\_\_\_\_

How close is the pantry to the closest public transit access point (in miles)? \_\_\_\_\_

Pantry Days/Hours of Operation \_\_\_\_\_

\_\_\_\_\_

Does the pantry restrict which audiences can access its services (e.g. by Zip code or for students-only)? Yes  No



## General Information *(Continued)*

<b><i>Types of Donors*</i></b>	<b><i>Provides Funds</i></b>	<b><i>Provides Food</i></b>
Food Bank	<input type="checkbox"/>	<input type="checkbox"/>
Faith-Based Organization	<input type="checkbox"/>	<input type="checkbox"/>
Non-Profit Organization	<input type="checkbox"/>	<input type="checkbox"/>
Government	<input type="checkbox"/>	<input type="checkbox"/>
Private Donor	<input type="checkbox"/>	<input type="checkbox"/>
Commercial Business	<input type="checkbox"/>	<input type="checkbox"/>
Community Group	<input type="checkbox"/>	<input type="checkbox"/>
Other (Please specify)	<input type="checkbox"/>	<input type="checkbox"/>

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Notes:



## Objective 1: Increase Client Choice for Nutritious Options

### Strategies:

- 1.1. Clients may choose which types of F2E they would like to take\*
- 1.2. Pantry hosts a “shopping style” distribution (set up like a grocery store)
- 1.3. Clients are able to come to the pantry for food more than once per month\*
- 1.4. Food pantry offers items from each of the five food groups (fruits, vegetables, grains, protein, dairy)
- 1.5. Encourages nutritious donations (e.g. by distributing a list of suggested items or asks donors not to provide certain foods)\*
- 1.6. Food pantry is listed on AmpleHarvest.org website (if not, seeks donations from local gardeners/farmers or community gardens)\*
- 1.7. Has established nutrition policy used for purchasing food for clients\*
- 1.8. A policy is in place for proper food safety\*

◀ **Write total number of boxes marked.**

Notes:



## Objective 2: Market & “Nudge” Healthful Products

### Strategies:

- 2.1. Recipes featuring F2E are available to clients\*
- 2.2. Offers food samples to clients\*
- 2.3. MyPlate or other healthy eating materials that promote F2E are visible (e.g. posters, fliers, window stickers, etc)
- 2.4. Displays/hangs supporting materials for F2E (e.g. shelf talkers/shelf tags, nutrition information, etc.)
- 2.5. Includes at least one F2E item in a bundle to display items together as a meal (e.g. beans and rice)
- 2.6. F2E are stocked to appear abundant
- 2.7. Majority of F2E are displayed/angled to be viewed easily from the eye-level of an average client
- 2.8. At least one F2E item is within eyesight upon entering the pantry during distribution

◀ **Write total number of boxes marked.**

Notes:



### Objective 3: Provide Various Forms of Fruits and/or Vegetables

Mark off each type as you see them, below:

- 3.1. Fresh
- 3.2. Canned (Any type, no rust and minimal dents)
- 3.3. Canned (Fruit in lite syrup or juice or  $\leq 12$  g Sugar, **or** Vegetables with  $\leq 230$  mg Sodium and  $\leq 2$  g Sat. fat)
- 3.4. Frozen (Any type, no frostbite)
- 3.5. Frozen ( $\leq 12$  g Sugar,  $\leq 230$  mg Sodium, &  $\leq 2$  g Sat. fat)
- 3.6. Dried (any type, no mold and packaging intact)
- 3.7. Dried ( $\leq 12$  g Sugar,  $\leq 230$  mg Sodium, &  $\leq 2$  g Sat. fat)
- 3.8. Juice (100% fruit or vegetable juice)
- Write total number of boxes marked.**

Notes:



### Objective 4: Provide Various Types of Fruits and/or Vegetables

Mark off each color type as you see them, below:

- 4.1. Red
- ← *Check if more than 2 types of Red*
- 4.2. Yellow/Orange
- ← *Check if more than 2 types of Yellow/Orange*
- 4.3. White or Tan/Brown
- ← *Check if more than 2 types of White or Tan/Brown*
- 4.4. Green
- ← *Check if more than 2 types of Green*
- 4.5. Blue/Purple
- ← *Check if more than 2 types of Blue/Purple*
- Write total number of boxes marked.**

Notes:



## Objective 5: Promote Additional Resources\*

### Strategies:

- 5.1.** Provides information on SNAP, WIC, Senior Farmers Market coupons or other low-income resources\*
- 5.2.** Provides nutrition education to clients (e.g. by partnering with Extension or other sources of expertise)\*
- 5.3.** Promotes or provides mobile markets\*
- 5.4.** Has onsite garden or other gardening resources\*
- 5.5.** Distributes Medicaid/affordable health care information\*
- 5.6.** Promotes or provides health screenings (e.g. blood pressure, glucose, BMI, etc.) by partnering with local organizations\*
- 5.7.** Provides employment assistance information\*
- 5.8.** Provides other educational/self-improvement resources\*
- ◀ Write total number of boxes marked.**

Notes:



## Objective 6: Plan for Alternate Eating Patterns

### Strategies:

- 6.1.** Provides food pantry volunteers with nutrition education\*
- 6.2.** Utilizes Commodity Supplemental Food Program (CSFP) to provide food tailored for low-income elderly clients\*
- 6.3.** Has labeled sections for specific foods (e.g. gluten free, dairy free, no/low sodium, vegetarian or no-prep- required)
- 6.4.** Provides diverse options for protein (e.g. tofu, beans, fish, peanut butter)
- 6.5.** Provides culturally diverse foods (e.g. Kosher, Halal, ethnic cuisines)
- ◀ Write total number of boxes marked.**

Notes:



## NEFPAT Score

Write the total number of boxes marked from each objective.

- \_\_\_\_\_ Total for Objective 1
- \_\_\_\_\_ Total for Objective 2
- \_\_\_\_\_ Total for Objective 3
- \_\_\_\_\_ Total for Objective 4
- \_\_\_\_\_ Total for Objective 5
- \_\_\_\_\_ Total for Objective 6
- \_\_\_\_\_ Total of Ratings = NEFPAT Score

**NEFPAT Scoring Range: 0 - 47**

**NEFPAT Score Classifications:**

- Bronze: 0 - 15
- Silver: 16 - 31
- Gold: 32 - 47

Overall Comments:

**Source:** Nikolaus CJ, Laurent E, Loehmer E, An R, Khan N & McCaffrey J. (2018). Nutrition Environment Food Pantry Assessment Tool (NEFPAT): Development and evaluation. *Journal of Nutrition Education & Behavior*, 50 (7), 724-728

# **I** ILLINOIS™

## Extension

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Office of the Assistant Secretary for Civil Rights  
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- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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University of Illinois \* United States Department of Agriculture \* Local Extension Councils Cooperating.

## Appendix A.

### Foods to Encourage (F2E)

Foods must meet all criteria below to qualify. Criteria is based on per serving basis.

#### Fruits

- Fresh with nothing added
- 100% Fruit or Vegetable Juice
- Canned, Dried or Frozen with no partially hydrogenated oils that meet the criteria below:
  - ♦ **Sodium:** ≤ 230mg
  - ♦ **Total Sugar:** Fruit in lite syrup, or 100% Juice, or ≤ 12g
  - ♦ **Sat Fat:** ≤ 2g
  - ♦ **Trans Fat:** 0g

#### Vegetables

#### Grains

- 100% whole grain (Rolled Oats, Barley, Wild Rice)
- Bread & Pasta with “whole grain” listed as the first ingredient and with:
  - ♦ > 10% DV or ≥ 2.5g fiber
- Cereal with “whole grain” listed as the first ingredient and > 3g of dietary fiber
- Bread, Pasta and Cereal that meet the criteria below:
  - ♦ **Sodium:** ≤ 230mg
  - ♦ **Total Sugar:** Bread/Pasta ≤ 0g, Cereal ≤ 12g
  - ♦ **Sat Fat:** ≤ 2g
  - ♦ **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:** ≤ 480mg
  - ♦ **Sat Fat:** ≤ 3g | Trans Fat: 0g
- Flavored milk, milk substitutes, and yogurt, that meets the criteria below:
  - ♦ **Sodium:** ≤ 480mg
  - ♦ **Total Sugar:** ≤ 22g (milk) ≤ 30g (yogurt)
  - ♦ **Saturated Fat:** ≤ 3g
  - ♦ **Trans Fat:** 0g

#### Protein

- Eggs
- Nuts, Seeds, Beans and Lentils with nothing added
- Beans, Meat, Poultry and Seafood that meet criteria below:
  - ♦ **Sodium** ≤ 480mg
  - ♦ **Sat Fat:** ≤ 2g
  - ♦ **Trans Fat:** 0g
- Nuts/Seeds responding spreads that meet the criteria below:
  - ♦ **Sodium:** ≤ 230mg
  - ♦ **Total Sugar:** < 4g per 2T/1 oz
  - ♦ **Trans Fat:** 0g

**Modified from:** Feeding America. “Detailed Foods to Encourage.” *Healthy Food Bank Hub*. Last modified July 2015.

<https://feedingamerica.org/resource/foods-to-encourage-background/>

## Appendix B.

### Fruits and Vegetables by Color

#### Red

##### Fruits

Cherry  
Cranberry  
Grapefruit  
Pomegranate  
Raspberry  
Red Apple  
Red Grape  
Strawberry  
Watermelon

##### Vegetables

Beets  
Chili Pepper  
Radish  
Red Onion  
Red Pepper  
Tomato

#### White or Tan/Brown

##### Fruits

Banana  
Pear

##### Vegetables

Cauliflower  
Garlic  
Ginger  
Jicama  
Kohlrabi  
Mushroom  
Onion  
Parsnip  
Potato  
Turnip

#### Yellow/Orange

##### Fruits

Apricot  
Cantaloupe  
Lemon  
Mango  
Nectarine  
Orange  
Peach  
Pineapple  
Tangerine  
Yellow Apple

##### Vegetables

Carrot  
Corn  
Pumpkin  
Squash  
Sweet Potato  
Yellow Pepper  
Yellow Tomato

#### Blue/Purple

##### Fruits

Blackberry  
Blueberry  
Purple Grape  
Plum  
Raisin

##### Vegetables

Black Olive  
Purple Cabbage  
Eggplant

#### Green

##### Fruits

Green Apple  
Green Grape  
Honeydew  
Kiwi  
Lime

##### Vegetables

Avocado  
Asparagus  
Broccoli  
Brussel Sprout  
Cabbage  
Celery  
Cucumber  
Fresh Herbs  
Green Beans  
Green Peas  
Leafy Greens  
Leeks  
Lettuce  
Lima Beans  
Green Onion  
Okra  
Green Pepper  
Snow Peas  
Spinach  
Sugar Snap Pea  
Zucchini

\*List is not exhaustive

*Note: Legumes (aka beans and peas, such as chick peas, black beans, kidney beans, black-eyed peas) do not count.*