

Why are only certain foods available through HPNAP?

Hunger Prevention and Nutrition Assistance Program (HPNAP) nutrition policies allow for the purchase of healthy foods (including lean meats, low fat milk, whole grains, and fresh produce). These foods may not be available or affordable to individuals accessing emergency food. These nutritious foods, along with physical activity, are essential for a healthy lifestyle that can help prevent obesity and chronic diseases.

As a New York State food bank that receives HPNAP funds for food, Foodlink must adhere to certain purchasing and donation standards. These include what we can and can't offer on the "HPNAP covered" list.

What foods **can** be purchased with HPNAP funds?

Food	Specifications
Milk	<ul style="list-style-type: none"> • Non-flavored 1% or fat free fluid milk • Lactose free/reduced 1% or fat free fluid milk
Produce	<ul style="list-style-type: none"> • Whole fruits and vegetables • Raw pre-cut refrigerated produce (i.e. bagged lettuce, mini carrots, celery sticks, etc.)
Canned fruit	<ul style="list-style-type: none"> • Canned fruit in juice or water
Fruit juice	<ul style="list-style-type: none"> • Only products containing 100% fruit juice
Shelf stable meals	<ul style="list-style-type: none"> • Meals with 720 mg of sodium or less per serving • These products include pasta with sauce (such as ravioli, beefaroni, and spaghetti rings), boxed or canned macaroni and cheese, chili, etc.
Canned vegetables and beans	<ul style="list-style-type: none"> • Vegetables and beans with 140 mg of sodium or less per serving • These products include canned vegetables and canned beans without added sauce or other food items, all canned tomato products except tomato sauce and spaghetti sauce • Does not include vegetarian beans or baked pork 'n beans (<i>these foods fit into the "meal category"</i>)
Lean meat	<ul style="list-style-type: none"> • Must always have in stock lean high protein meat (frozen, minimally processed containing no breading or added seasoning containing salt or sodium) from at least two different animals (meat, fish, and poultry) • This includes beef (no oxtails or ribs), ground beef (at least 90% lean), chicken (no packages with only wings), turkey, ground turkey (at least 90% lean), pork (no ribs, hocks, or ham), fish, shellfish, venison, and buffalo • Additional items may be purchased as long as there is a minimum of two items previously listed in stock
Breakfast cereal	<ul style="list-style-type: none"> • 6 grams or less of sugar per serving • Whole grain cereals with at least 3 grams of fiber and 6 grams or less of sugar per serving

What foods **cannot** be purchased with HPNAP funds?

- Spam, bacon
- Fruit flavored beverages, flavored water, fruit juice blends with less than 100% fruit juice
- Gravy, cheese sauce
- Pickles
- Dessert sauce, syrups, and toppings
- Protein shakes, nutritional supplements (including Boost and Ensure)
- Vitamins and diet supplements
- All snack foods (i.e. potato chips, tortilla chips, pretzels) except crackers
- All desserts and sweets (i.e. cakes, cookies, ice cream)
- Coffee, tea, soda, alcoholic beverages, hot chocolate
- Powdered drink mixes, lemonade, Kool-Aid, bottled water

For any questions regarding food products eligible to be covered by HPNAP funding please contact Foodlink's Nutrition Resource Manager

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