

## HPNAP Allowable Foods Guide

\*HPNAP Recommends: NYS grown, low/no sodium, low-fat, lean meat, no added sugar, and low sugar whenever possible.

Food Category	Budget Line	Allowed <i>This is not a comprehensive list of all allowable foods.</i>	Not Allowed <i>This is not a comprehensive list of all unallowable foods.</i>
<b>Vegetables</b>	<b>Fresh Produce</b>	<ul style="list-style-type: none"> <li>• All fresh vegetables</li> <li>• Value-added processed</li> </ul>	<ul style="list-style-type: none"> <li>• Canned or frozen vegetables</li> </ul>
	<b>Purchased Food</b>	<ul style="list-style-type: none"> <li>• All fresh vegetables</li> <li>• Shelf stable, canned or frozen with less than 140mg of sodium per serving</li> <li>• Value-added processed</li> </ul>	<ul style="list-style-type: none"> <li>• Canned or frozen vegetables with more than 140mg of sodium per serving</li> </ul>
<b>Fruit</b>	<b>Fresh Produce</b>	<ul style="list-style-type: none"> <li>• All fresh fruit</li> <li>• Value-added processed</li> </ul>	<ul style="list-style-type: none"> <li>• Canned or frozen fruit</li> <li>• Coated in chocolate, yogurt, caramel, or sweet syrups</li> </ul>
	<b>Purchased Food</b>	<ul style="list-style-type: none"> <li>• All fresh or frozen fruit</li> <li>• Dried fruit unsweetened</li> <li>• Fruit canned in juice or water</li> <li>• Unsweetened applesauce</li> <li>• Value-added processed</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit packed in syrup</li> <li>• Coated in chocolate, yogurt, caramel, or sweet syrups</li> </ul>
<b>Milk</b>	<b>1% or Fat-Free Fluid Cow Milk</b>	<ul style="list-style-type: none"> <li>• Unflavored fluid cow milk</li> <li>• Lactose free or lactose reduced cow milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2% milk</li> <li>• Whole milk</li> <li>• Flavored milk</li> <li>• Dry milk</li> <li>• Canned evaporated milk</li> </ul>
	<b>Purchased Food</b>	<ul style="list-style-type: none"> <li>• 1% or fat-free unflavored fluid milk (cow, goat, camel, etc.)</li> <li>• Dry milk</li> <li>• Canned evaporated milk</li> <li>• Lactose free or lactose reduced 1% or fat-free milk</li> <li>• Unflavored Plant-based milk alternatives</li> </ul>	<ul style="list-style-type: none"> <li>• 2% milk</li> <li>• Whole milk</li> <li>• Flavored milk and flavored milk substitutes</li> </ul>
<b>Dairy</b>	<b>Purchased Food</b>	<ul style="list-style-type: none"> <li>• Dairy products such as cheese, yogurt (with no more than 12g added sugar per 6oz serving), kefir, cottage cheese, and cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese sauce, processed cheese food or spreads</li> <li>• Unpasteurized cheese and dairy</li> <li>• Yogurt with more than 12g added sugar per 6oz serving</li> </ul>

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<b>Protein: Meat, Fish, Poultry, Eggs</b>	<b>Purchased Food</b>	<ul style="list-style-type: none"> <li>• Ground, whole or cuts of meat such as beef, chicken, goat, pork, venison, and lamb</li> <li>• Whole or processed cuts of fish</li> <li>• Eggs</li> <li>• Canned fish packed in water or oil</li> </ul>	<ul style="list-style-type: none"> <li>• Canned luncheon meats (e.g. SPAM, Deviled Ham)</li> <li>• All types of bacon</li> </ul> <p>**No more than 20% of Purchased Food may be spent on processed meats such as hot dogs, fish sticks, sausage, cold cuts, chicken nuggets, pork'n beans, and canned beef ravioli</p>
<b>Protein: Plant Based</b>	<b>Purchased Food</b>	<ul style="list-style-type: none"> <li>• Peanut butter, other nut &amp; seed butters</li> <li>• Unsalted Nuts and seeds</li> <li>• Tofu, tempeh, and seitan</li> <li>• Dried or canned legumes such as beans, black-eyed peas, garbanzo beans, kidney beans, mung beans, lentils etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Canned beans with more than 140mg of sodium per serving</li> <li>• Canned chili with greater than 720mg of sodium per serving</li> <li>• Salted nuts and seeds</li> </ul>
<b>Bread</b>	<b>Purchased Food</b>	<ul style="list-style-type: none"> <li>• All plain bread, tortillas, pita, bagels, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Seasoned bread and other bread products mixed with other ingredients</li> </ul>
<b>Cereal</b>	<b>Purchased Food</b>	<ul style="list-style-type: none"> <li>• 100% whole grain/wheat cold and hot cereals</li> <li>• Rice and corn cereal with less than 6g of added sugar per dry ounce</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal with greater than 6g of added sugar per dry ounce</li> </ul>
<b>Grain and Pasta</b>	<b>Purchased Food</b>	<ul style="list-style-type: none"> <li>• Plain rice, pasta, and other grains</li> <li>• Shelf-stable pasta meals &lt; 720mg of sodium per serving</li> <li>• Shelf-stable noodle soup &lt; 720mg of sodium per serving</li> </ul>	<ul style="list-style-type: none"> <li>• Shelf stable pasta meals such as mac &amp; cheese, and noodle soup with greater than 720mg of sodium per serving</li> </ul>
<b>Juice</b>	<b>Purchased Food</b>	<ul style="list-style-type: none"> <li>• 100% fresh fruit or vegetable juice</li> <li>• 100% juice blends</li> <li>• 100% fruit or vegetable juice frozen, concentrate, canned, or shelf stable</li> </ul>	<ul style="list-style-type: none"> <li>• Juices that are not 100% juice</li> </ul>
<b>Complete &amp; Mixed Meal Entrees</b>	<b>Purchased Food</b>	<ul style="list-style-type: none"> <li>• Shelf-stable meals with less than 720mg of sodium per serving</li> </ul>	<ul style="list-style-type: none"> <li>• Shelf-stable meals with more than 720mg of sodium per serving</li> <li>• Lunchables or similar products</li> </ul>
<b>Food Preparation Ingredients</b>	<b>Purchased Food</b>	<ul style="list-style-type: none"> <li>• Liquid cooking oils</li> <li>• Butter</li> <li>• Granulated sugar</li> <li>• Cream and Half &amp; Half</li> <li>• Flour</li> </ul>	<ul style="list-style-type: none"> <li>• Partially hydrogenated and hydrogenated oils such as Crisco</li> <li>• Confectioners sugar</li> </ul>
<b>Soups</b>	<b>Purchased Food</b>	<ul style="list-style-type: none"> <li>• Shelf stable soups with less than 720mg sodium per serving</li> </ul>	<ul style="list-style-type: none"> <li>• Soups with 720mg sodium or more per serving</li> </ul>

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<b>Spices and Condiments</b>	<b>Purchased Food</b>	<ul style="list-style-type: none"> <li>• Spices and dried herbs</li> <li>• Jams and jellies</li> <li>• 100% maple syrup</li> <li>• Soy sauce</li> <li>• Mayonnaise, ketchup, mustard</li> <li>• Pickles</li> <li>• Horseradish</li> <li>• Vinegar</li> </ul>	Condiments such as: <ul style="list-style-type: none"> <li>• Gravy and cheese sauce</li> <li>• Dessert sauce</li> <li>• Breakfast syrup</li> <li>• Dessert syrup</li> </ul>
<b>Nutritional Aids</b>	<b>Purchased Food</b>	None	All nutritional aids such as: <ul style="list-style-type: none"> <li>• Protein shakes</li> <li>• Vitamins</li> <li>• Diet and nutritional supplements like Ensure, Boost, etc.</li> </ul>
<b>Baby Food and Formula</b>	<b>Purchased Food</b>	None	<ul style="list-style-type: none"> <li>• Baby food or formula</li> <li>* Ensure donated baby food items are not out of date</li> </ul>
<b>Snack Foods</b>	<b>Purchased Food</b>	<ul style="list-style-type: none"> <li>• 100% whole grain crackers</li> <li>• Plain no-salt popcorn</li> <li>• 100% whole grain rice and corn cakes</li> </ul>	Snack foods such as: <ul style="list-style-type: none"> <li>• Potato chips</li> <li>• Pretzels (hard and soft)</li> <li>• Snack bars</li> <li>• Cookies, etc.</li> </ul>
<b>Beverages</b>	<b>Purchased Food</b>	<ul style="list-style-type: none"> <li>• Bottled water may be purchased if safe drinking water is temporarily not available at the EFP site. Prior HPNAP Contract Manager approval is required.</li> </ul>	Beverages such as: <ul style="list-style-type: none"> <li>• Coffee and tea</li> <li>• Soda</li> <li>• Punch</li> <li>• Alcoholic beverages</li> <li>• Hot chocolate</li> <li>• Powdered drink mixes</li> <li>• Lemonade</li> <li>• Kool-Aid</li> </ul>
<b>Desserts, Sweets</b>	<b>Purchased Food</b>	None	Desserts and sweets such as: <ul style="list-style-type: none"> <li>• Cookies</li> <li>• Sweet bread</li> <li>• Cakes</li> <li>• Ice cream</li> <li>• Chocolate</li> <li>• Candy</li> <li>• Fudge</li> </ul>
<b>Other</b>	<b>Purchased Food</b>	None	<ul style="list-style-type: none"> <li>• Non-food items</li> <li>• Pet foods</li> </ul>

Food items allowed for Shared Maintenance Fees for donated food include all allowable items in the HPNAP Allowable Foods Guide, as well as the items listed below.

- All canned or frozen vegetables regardless of sodium content
- Canned soup regardless of sodium content
- Canned fruit in heavy or light syrup
- All milk, including whole, 2%, flavored, and milk substitutes such as almond, soy, oat, pea, and hemp
- Yogurt regardless of sugar content
- Cheese sauce and spreads
- Canned beans and chili regardless of sodium content
- All cereals regardless of sugar content
- All crackers
- Baby food and formula (Ensure donated baby food and formula items are not out of date)
- Baking powder and baking soda