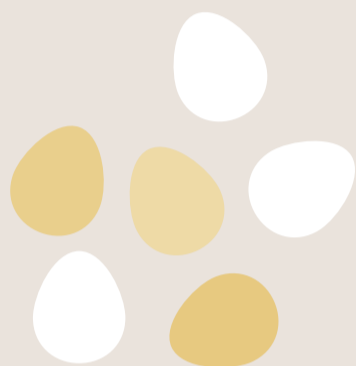
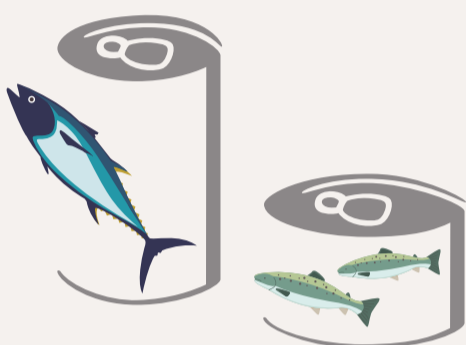


Protein

Aotearoa Food Parcel Measure protein foods serving examples for 1 person, for 4 days (portions are at 80% of the recommendations)



A dozen eggs



8 x 95g canned fish or 2 x 425g cans



5 cans of legumes (e.g. lentils, chickpeas, beans, baked beans)



375g jar of peanut butter



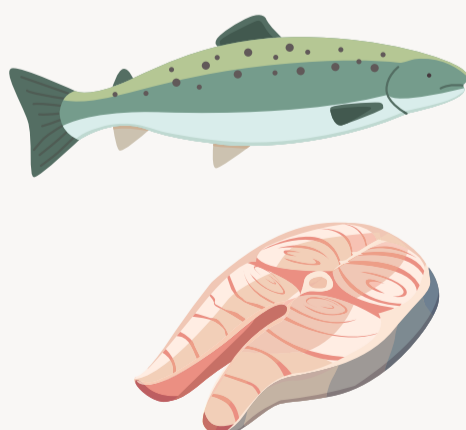
250g nuts or seeds



800g uncooked meat







1.4kg of tofu



1kg of fresh fish

To calculate your food parcel multiply by the number of people needing food assistance, e.g.:

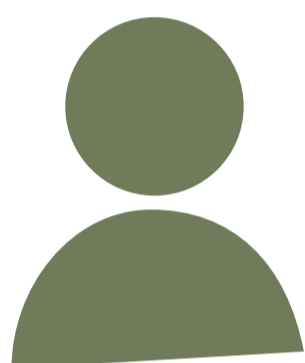
for  **x 2**
 for  **x 3**
 for  **x 4**
 for  **x 5**

Protein

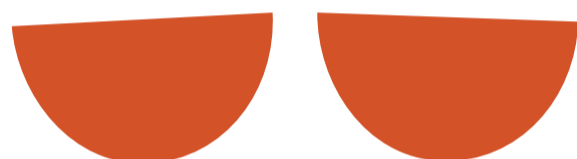
We calculate the *Aotearoa Food Parcel Measure* by:

**Aotearoa Food Parcel Measure protein servings example
at 80% of the recommendations, for 1 person, for 4 days.
(2 servings daily, for 4 days)**

Per day:



per person

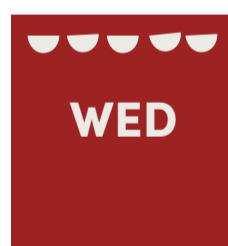


2 servings



per day

Per week:



=



for 4 days

8 servings

**To calculate your food parcel multiply by the number of people needing
food assistance (for 4 days):**

for



x 2 =



for



x 3 =



for



x 4 =



for



x 5 =

