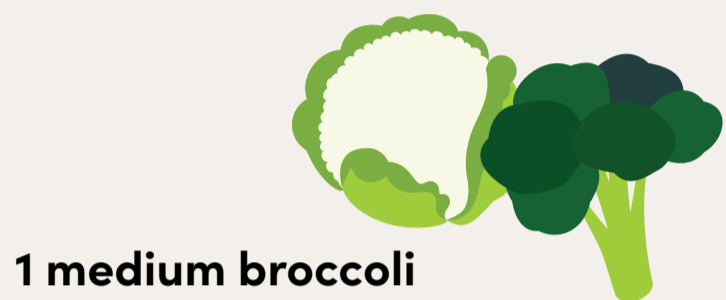


# Vegetables

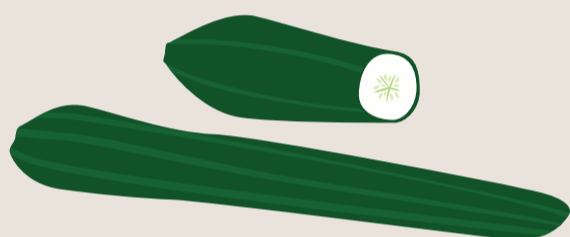
**Aotearoa Food Parcel Measure vegetable serving examples for 1 person, for 4 days (portions are at 80% of the recommendations)**



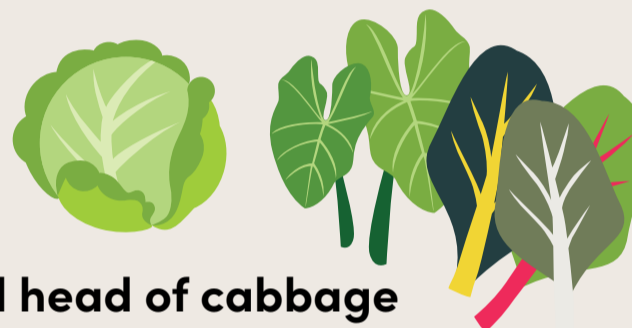
**1 medium broccoli /cauliflower**



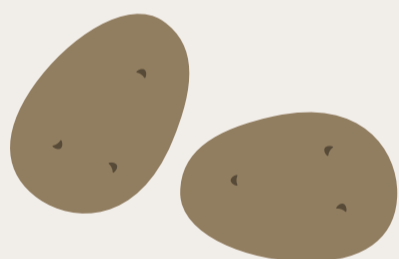
**8 cans of vegetables**



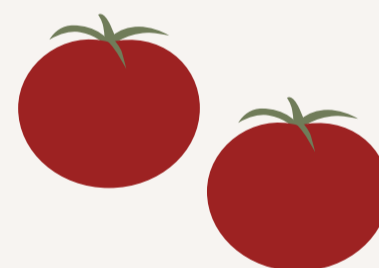
**1 medium cucumber**



**1 small head of cabbage or 3 bunches of leafy greens**



**1.5kg bag of potatoes**



**16 medium fresh tomatoes\***  
or 8 cans  
*\*technically a fruit*



**3 x 500g bags of salad vegetables**

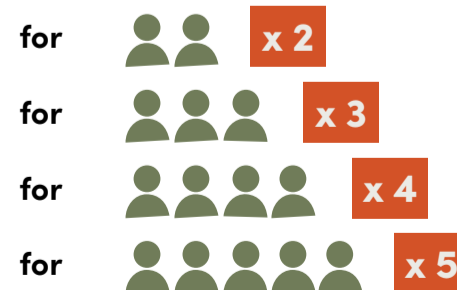


**1.5kg bag of frozen vegetables**



**1.5kg bag of fresh carrots**

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



A variety of vegetables is recommended (as opposed to all one type). You can adjust food parcel contents by mixing and matching from each square, e.g. 4 cans of vegetables with ½ small cabbage, or ½ broccoli with ½ a cauliflower, or 8 medium sized fresh tomatoes with 750g of carrots.



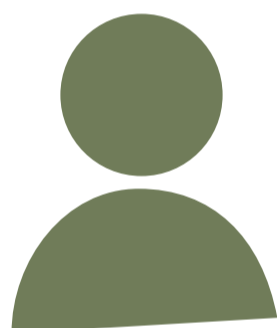
# Vegetables

We calculate the *Aotearoa Food Parcel Measure* by:

Eating and Activities Guideline recommendations (100%)		
1 standard single serving per person = <b>75g</b>	5 standard daily servings per person = <b>375g</b>	for 4 days = <b>1.5kg</b>

## Aotearoa Food Parcel Measure vegetable servings example at 80% of the recommendations, for 1 person, for 4 days. (5 servings daily, for 4 days)

Per day:



per person

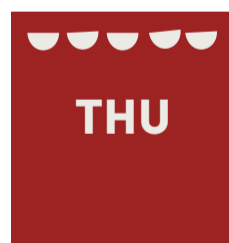
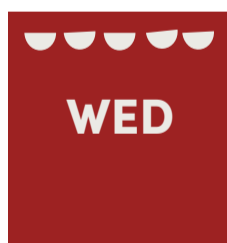


5 servings



per day

Per week:



for 4 days

=



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 =
------------	------------	------------	------------