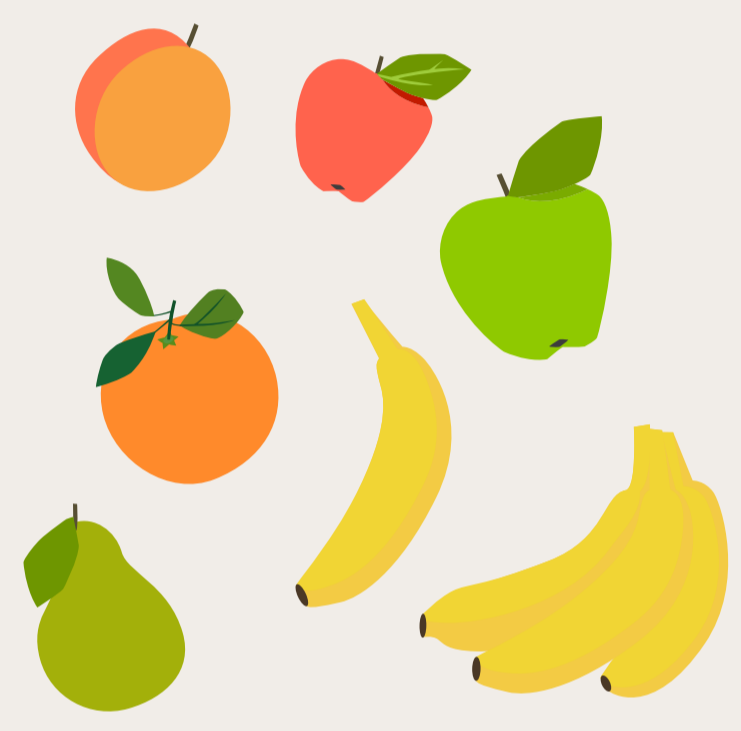


# Fruit

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



**6 pieces of medium sized fruit**  
apple, banana, orange, pear, peach



**12 pieces of small sized fruit**  
apricot, plum, kiwifruit



**3 cans of fruit**



**1kg bag frozen fruit**

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

for		<b>x 2</b>
for		<b>x 3</b>
for		<b>x 4</b>
for		<b>x 5</b>

A variety of fruit is recommended (as opposed to all one type). You can adjust food parcel contents by mixing and matching from each square, e.g. 3 medium apples with 6 small kiwifruit, or 2 cans of tinned fruit with 12 oranges, or 1 can of tinned fruit with 8 plums.



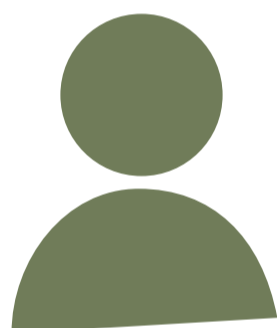
# Fruit

We calculate the *Aotearoa Food Parcel Measure* by:

Eating and Activities Guideline recommendations (100%)		
1 standard single serving per person = <b>150g</b>	2 standard daily servings per person = <b>300g</b>	for 4 days = <b>1.2kg</b>

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

Per day:



per person

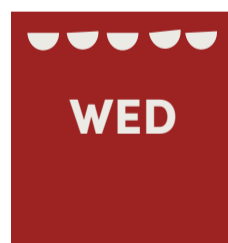


2 servings



per day

Per week:











=



for 4 days

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 = 
--	--	--	--