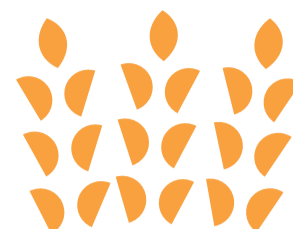
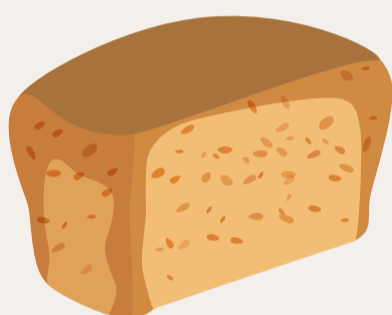


Grains



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



1 loaf of bread
(wholegrain if possible)



Rolls or flatbreads
6-pack = 12 servings
10-pack = 20 servings



500g bag of rice
(or ½ a 1kg bag)



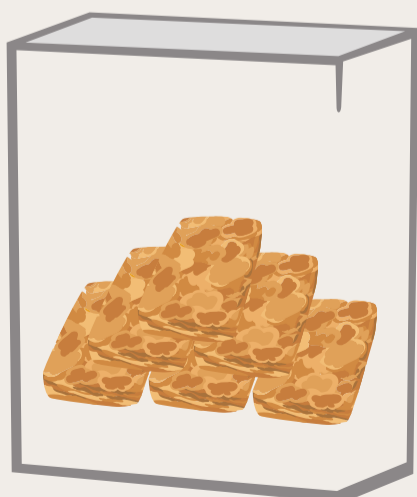
500g bag of pasta



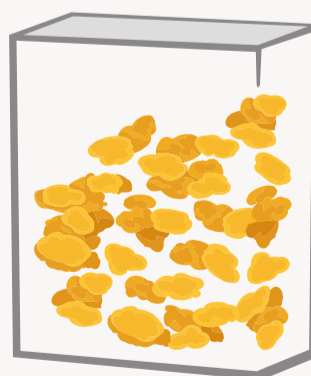
7 single packs of instant noodles
5-pack = 10 servings



500g bag of oats







750g box of wheat biscuits

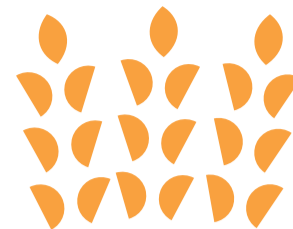


300g pack of cereal
(e.g. cornflakes or rice bubbles)

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**

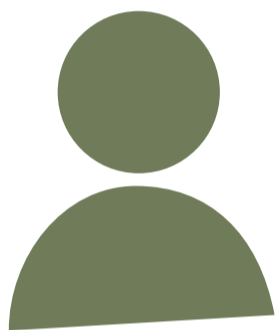
Grains



We calculate the *Aotearoa Food Parcel Measure* by:

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

Per day:



per person

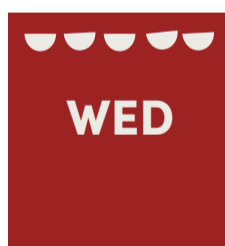
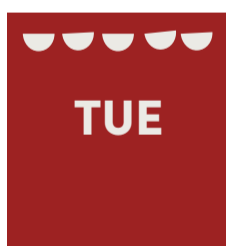


3½ servings



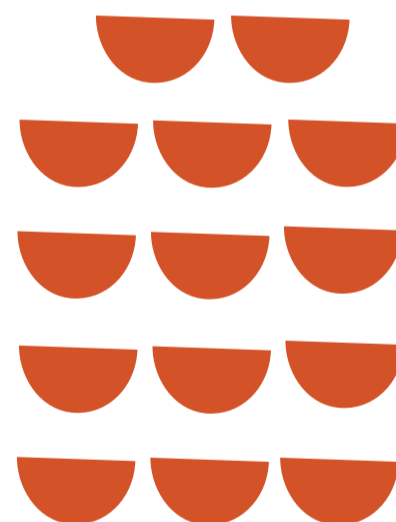
per day

Per week:





for 4 days



=






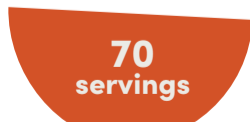
14 servings

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

for 
x 2 =  28 servings

for 
x 3 =  42 servings

for 
x 4 =  56 servings

for 
x 5 =  70 servings