

Dairy

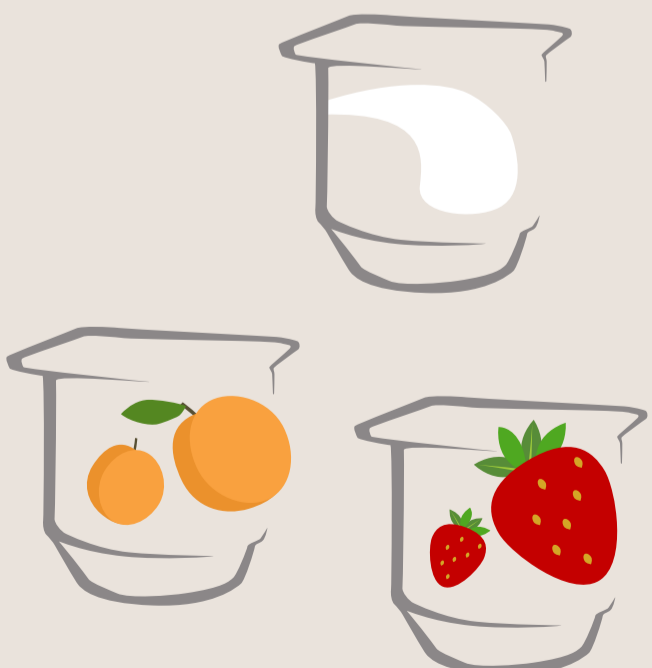
Aotearoa Food Parcel Measure dairy serving examples for 1 person, for 4 days (portions are @ 80% of the recommendations)



2L of milk
Low or reduced fat, calcium fortified plant-based milk alternative (soy, almond or rice), goat or UHT long-life



250g reconstituted powdered milk







1.5kg of yoghurt or 2 x 6-packs



250g cheese or 1 x 12-pack of single slices

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

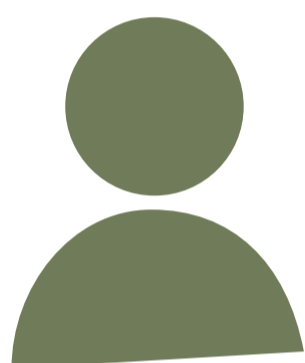
- for  **x 2**
- for  **x 3**
- for  **x 4**
- for  **x 5**

Dairy

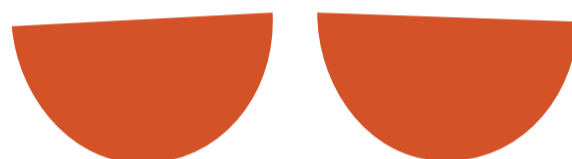
We calculate the *Aotearoa Food Parcel Measure* by:

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

Per day:



per person

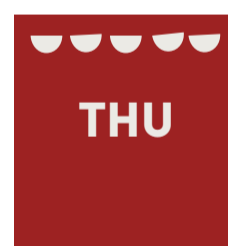
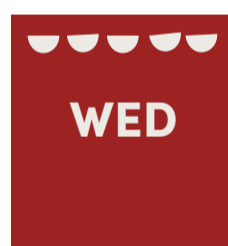


2 servings



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 =

