

OUR FOOD

Our commitment

Every Meal is committed to providing food that is nutritious, delicious, and relevant which retains the dignity of our children and families.

- **Nutritious:** Our staff dietitian works to ensure all of our bag types meet current nutrition standards for children and youth as outlined by the Dietary Guidelines for Americans and the National School Lunch and Breakfast Programs.
- **Delicious:** Every Meal continually gathers feedback from taste tests and program participant surveys. For each item we provide, we make sure it looks, smells, and tastes delicious.
- **Relevant:** What good is dried rice if a family doesn't have access to a kitchen to cook it? What good is macaroni and cheese to an immigrant family who is unfamiliar with how to prepare the item? What good are pork and beans if a family's religion forbids eating pork? We offer five meal bag options with a variety of menus designed to be relevant for the various dietary preferences of the children and families we serve.

Weekend meal bags

Families may choose from five options structured around the USDA MyPlate standards. All bag types contain 4-5 pounds of nutritious, nonperishable food, including a variety of fruits, vegetables, proteins, grains, and soups/entrees. Bag types are identified by different colors of the Every Meal logo. Each color has 4-5 variations to ensure families do not receive the same items every week.

Blue Bag

Tailored for East African dietary preferences. This bag is pork free and may contain items such as tuna, spaghetti, black eyed peas, corn flour, fava beans, and tomato products.



Purple Bag

Tailored for Southeast Asian dietary preferences. This bag may contain items such as rice, rice noodles, coconut milk, bamboo shoots, curry paste, green beans, and mandarin oranges.



Green Bag

This bag offers the widest variety of food items, such as chicken, tuna, pasta, rice, mac and cheese, chili/soup, and varied vegetables and fruits.



Yellow Bag

Contains all ready-to-eat items which require little or no preparation, such as dried fruit, tuna salad, chicken salad, sunflower seeds, granola, oatmeal, and soups.



Orange Bag

Tailored for Latino dietary preferences. This bag may contain items such as rice, black beans, pinto beans, corn flour, fideo pasta, enchilada sauce, chipotles in adobo, and diced chiles.



Every Meal

2723 Patton Road, Roseville, MN 55113 | www.everymeal.org | 612-568-4003