



**pennsylvania**  
DEPARTMENT OF AGRICULTURE

**FOOD STANDARD GUIDELINES FOR  
STATE FOOD PURCHASE PROGRAM (SFPP)**

These guidelines were developed by an Ad Hoc Committee of the Emergency Food Assistance Advisory Committee (EFAAC) and approved by the governing committee, effective March 2017.

In addition:

1. The Food Standard Guidelines govern the use of State Food Purchase Program funds for the purchase of food.
2. Items not on the list can be purchased with agency dollars, but not SFPP funds.
3. County Lead Agencies may further restrict food item purchases outside these guidelines.
4. Lead Agencies must assure that priority be placed on purchasing readily consumable food products grown or processed in Pennsylvania.
5. Foods and grocery products not included within the guidelines may not be purchased with SFPP funds.

<b>VEGETABLES</b> – Any vegetable or vegetable juice/counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated: and may be whole, cut-up, or mashed. Vegetables are organized into five (5) subgroups, based on their nutrient content.	
<b>VEGETABLES ALLOWED</b>	
Dark green vegetables	Starchy vegetables
Orange/red vegetables	Other vegetables
Dry beans and peas, including soy and soy products	Fresh herbs only – although not technically a vegetable are included in this section for awareness as allowable.
<b>VEGETABLES NOT ALLOWED</b>	
Any type of chips made from vegetables including potatoes and corn.	

<b>FRUITS</b> – Any fruit or 100 percent fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.	
<b>FRUITS ALLOWED</b>	
Fruit	Fruit juice must be 100 percent juice.
<b>LESS PREFERRED FRUITS</b>	
Fruits in heavy syrup/gelatin	Cranberry sauce
<b>FRUITS NOT ALLOWED</b>	
Fruit Roll Up	Fruit snacks like Gum Drops
Any fruit drink that is <b>NOT</b> 100 percent juice	

<b>DAIRY</b> - milk from a cow or other domestic animal (such as a goat).		
<b>DAIRY - ALLOWED</b>		
Milk	Fortified milk (e.g. soy)	Yogurt
Buttermilk	Evaporated Milk	Cheese (must contain milk)
Vegan cheese substitutes		
<b>LESS PREFERRED DAIRY</b>		
Butter	Sour Cream	Cream Cheese
<b>DAIRY NOT ALLOWED</b>		
Sweetened Condensed Milk	Velveeta	
Cheese Wiz	Products that contain NO milk.	

**GRAINS** – Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Grains are divided into two (2) subgroups – whole grains and refined grains.

<b>WHOLE GRAINS</b>	These grains contain the entire grain kernel – the bran, germ and endosperm.
<b>Examples</b>	Whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, brown rice, barley, millets, and other whole grains.
<b>REFINED GRAINS</b>	These grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins.
<b>Examples</b>	White flour, cornmeal, white bread, and white rice. Most refined grains are <i>enriched</i> . This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word “enriched” is included in the grain name. Some food products are made from mixtures of whole grains and refined grains.

**GRAINS ALLOWED**

<b>WHOLE GRAINS</b>	<b>REFINED GRAINS</b>
Brown rice	Cornbread
Buckwheat	Tortillas
Bulgur (cracked wheat)	Couscous
Oatmeal & other hot/cooked cereals	Crackers - not allowed sweetened crackers
Oats	Grits
Barley	Noodles
Millets	Pasta
Other whole grains where the word whole followed by the grain name is listed on the ingredient label. For example: <i>Ingredients: Whole wheat</i> is a whole grain, <i>BUT Ingredients: Stoneground wheat flour</i> is not a whole grain.	Ethnic Breads and Rice
	Rice
	Bread – white & other non-whole-grain types
	Sandwich buns & rolls
	Ready-to-eat breakfast cereals – sugar coated less preferred
	Cereal bars/granola bars – not allowed bars coated with a mixture made predominantly from sugar, corn syrup, or candy
	Muffin Mix
	Biscuit Mix
Some grain products contain significant amounts of bran. Bran provides fiber, which is important for health. However, products with added bran or bran alone (e.g., oat bran) are not necessarily whole grain products.	Pancake, Baking Mix

**GRAINS NOT ALLOWED**

Sweet Rolls	Cookies	Chips
Breakfast (Sweet) Breads	Chips	Desserts
Cakes	Pastry Items	Pretzels
Pop Tarts	Teddy Grahams	Popcorn

**PROTEIN** – All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group. Most meat and poultry choices should be lean, low-fat, and low sodium. Meats may be fresh, canned or frozen. Fish, nuts, and seeds contain healthy oils, so choose these foods frequently instead of meat and poultry.

<b>MEATS - ALLOWED</b>		
Beef	Dry Beans	Peanut Butter
Pork	Peas	Pecans
Lamb	Soy Beans	Pistachios
Veal	Almonds	Pumpkin Seeds
Poultry	Cashews	Sesame Seeds
Bison	Hazelnuts (filberts)	Sunflower Seeds
Rabbit	Mixed Nuts	Tofu
Venison	Peanuts	Vegetable based meat substitute (i.e. veggie burger)
Fish and Shell Fish	Eggs – shelf stable, refrigerated, frozen eggs and egg products.	
<b>TIPS:</b> <ol style="list-style-type: none"> <li>1. Choose lean or low-fat meat and poultry.</li> <li>2. Select fish rich in omega-3 fatty acids, such as salmon, trout, and herring, more often.</li> <li>3. Liver and other organ meats are high in cholesterol.</li> <li>4. Egg yolks are also high in cholesterol, but egg whites are cholesterol free.</li> </ol>		
<b>LESS PREFERRED MEATS</b>		
Processed meats such as ham, sausage, frankfurters, and luncheon or deli meats.		
Fresh chicken, turkey, and pork that have been enhanced with a salt-containing solution. Check the product label for statements such as “self-basting” OR “contains up to ___% or ___”, which mean that a sodium-containing solution has been added to the product.		
<b>MEATS NOT ALLOWED</b>		
Nuts coated with sugar or candy.	Jerky	

<b>MISCELLANEOUS</b>		
<b>ONE CAN/DISH MEAL ALLOWED</b>		
A complete meal in a can, box, or frozen container which must include: protein, vegetable, and starch.		
Ravioli, Meat in Brine	Spaghetti – Meat & Tomato Sauce	Macaroni & Cheese
Chicken & Dumplings	Skillet Dinner Mixes	Beef Stew
Chili		
<b>NUTRITIONAL OR INFANT PRODUCTS ALLOWED</b>		
Ensure	Boost	Infant Formula
Baby Food	Baby Instant Cereal	
<b>LESS PREFERRED</b>		
Stuffing Mix	Jelly and Jams	
Pancake Syrup	Saltine Crackers	
Graham Crackers	Soups	
Ramen Noodles	Low Sodium Broth	
<b>NOT ALLOWED</b>		
Slim Fast	Candy, Chewing Gum	Animal Crackers
Soda Water	Meal Replacement Bars	Water
Coffee	Soda	Water Ices
Popsicles	Condiments and seasonings unless listed as allowable in a previous category.	