

Estimating Produce Servings per Household

This document is intended to help you plan how much produce to order and give to each household at the distribution.

The main thing to keep in mind with produce is FLEXIBILITY!

- Pallet weight varies
- Item size varies
- Adjust your generosity as needed

These charts show sample produce orders and how the amounts received can be broken down by number of households you anticipate serving. Keep in mind that the poundage of pallets can fluctuate greatly, as well as the size of the individual items. For example, an average watermelon varies in weight from 20 to 25 pounds, and watermelon pallet weights from 500-2000 pounds. That means you could receive anywhere from 20 to 100 watermelons. So you see why it is important to be able to adjust the how much of an item you give to each household, and have the option of bringing left over produce to a program that can utilize after distribution.

It may be helpful to look at the total poundage received by each household in each scenario to determine how much produce you would like to provide to your clients at each visit and determine number of pallets desired from there.

Large Produce Drop Sample Servings

| | 100 Households | 200 Households | 300 Households |
|---------------------------------|-----------------------|-----------------------|-----------------------|
| 2 Pallets Potatoes (2000 lbs) | 40 potatoes, 20 lbs | 20 potatoes, 10 lbs | 13 potatoes, 6 lbs |
| 2 Pallets Zucchini (1200 lbs) | 24 Zucchini, 12 lbs | 12 zucchini, 6 lbs | 8 zucchini, 4 lbs |
| 2 Pallets Cantaloupe (1600 lbs) | 4 Cantaloupe, 16 lbs | 2 Cantaloupe, 8 lbs | 1 Cantaloupe, 4 lbs |
| 2 Pallets Apples (1500 lbs) | 30 apples, 15 lbs | 15 apples, 7 lbs | 10 apples, 7 lbs |
| 2 Pallets Cabbage (2000 lbs) | 4 cabbage, 20 lbs | 2 cabbage, 10 lbs | 1 cabbage, 5 lbs |
| Total Pounds per Household | 83 lbs | 41 lbs | 26 lbs |

Small Produce Drop Sample Servings

| | 50 Households | 100 Households | 150 Households |
|-----------------------------------|-------------------------|------------------------|-----------------------|
| 1 Pallet Sweet Corn (800 lbs) | 20 ears of corn, 15 lbs | 10 ears of corn, 7 lbs | 7 ears of corn, 5 lbs |
| 1 Pallet Winter Squash (1000 lbs) | 4 squash, 20 lbs | 2 squash, 10 lbs | 1 squash, 5 lbs |
| 1 Pallet Carrots (1000lbs) | 40 carrots, 20 lbs | 20 carrots, 10 lbs | 14 carrots, 7 lbs |
| Total Pounds per household | 55 lbs | 27 lbs | 17 lbs |

Case Counted Produce Sample Servings

| | 10 households | 25 households | 50 households |
|--------------------------------|---------------------|-------------------|-------------------|
| 3 cases zucchini (120 lbs) | 24 zucchini, 12 lbs | 9 zucchini, 5 lbs | 5 zucchini, 3 lbs |
| 3 cases cucumber (120 lbs) | 20 cucumber, 12 lbs | 8 cucumber, 6 lbs | 4 cucumber, 3 lbs |
| 3 cases green pepper (120 lbs) | 24 peppers, 12 lbs | 10 peppers, 4 lbs | 5 peppers, 2 lbs |
| Total Pounds Per household | 36 lbs | 15 lbs | 8 lbs |

Adjusting generosity - It's important to share the goals and your expectations of the produce distribution with the volunteers. Many of the families served by your program may not have easy access to produce so generosity and creativity is appreciated!

These are a few generosity tips for volunteers:

- Watch the line and quantities available and help volunteers adjust how much they are giving out accordingly. (This is a great assignment for a staff person or experienced volunteer.)
- Share knowledge – encourage volunteers to share ideas for how to use produce, recipes, testimonials, etc.
- Welcome recipients to take all the produce they can use (understanding that you may have to set some limits to make sure everyone is served).
- Keep in mind bigger families may be able to use larger quantities.

Moving more produce – got too much?

- Encourage clients to share with friends or family if you have a lot of produce to move.
- Encourage people that can, freeze or preserve food or really like to bake to take extra.
- If you are unsure of how many people will be visiting vs. how much product you have, consider having “seconds” after everyone has been served in allotted time. Clients could be instructed to return later or wait to see if there are extras.

Not enough produce?

- It's possible that you may find you run out of produce before serving everyone. Yes, this is upsetting but do your best to reassure clients that more will be coming next time! Give them dates of the next distribution.
- Think about increasing the amount of produce you order from SHH!