



# Governor's Goal 4: Healthier Food Options

## SUBCONTRACTOR TRACKING FORM

Washington State Department of Agriculture  
Food Safety and Consumer Services Division  
Food Assistance Programs  
PO Box 42560  
Olympia, WA 98504-2560

EFAP - Food Pantries

TEFAP - Meal Programs

SUBCONTRACTOR NAME:	<input type="checkbox"/> MONTHLY <input type="checkbox"/> SINGLE DAY
ADDRESS:	
PHONE:	LEAD CONTRACTOR NAME:
EMAIL:	COUNTY:

**August 2016**

**February 2017**

**June 2017**

Report ALL sources of food (TEFAP, donated, purchased, other) distributed. This data will support Governor's Goal 4 for Healthy and Safe Communities. This data will not be used to determine local EFAP funding levels.

**Monthly Reporters and Single Day Reporters:** Enter the pounds distributed in each food category for a single day/average or the full month indicated above.

	Food Categories	Pounds	Percentage	Food Category Description
HEALTHIER OPTIONS	Fruits & Vegetables		%	Fresh, frozen, canned, or dried, and may be whole, cut-up or pureed, includes 100% fruit or veggie juice. Berries, melons, mixed fruit cocktail, raisins, prunes, bananas, apples, oranges, grapes, peaches, pears, spinach, greens, carrots, green beans, potatoes, onions, tomatoes (sauces, paste), squash and more.
	Dairy		%	Includes fluid milk products, non-dairy alternatives, cheeses, yogurts, powder milk, baby formula, ensure.
	Proteins		%	Fresh, frozen, canned meats, game meats, seafood, shellfish, eggs, liquid eggs, beans (kidney, pinto, navy, lima, chickpeas), peas, lentils, soy products, veggie burgers, tofu, texturized vegetable protein, peanut butter, nuts, seeds.
	Grains		%	Foods made from whole grains and refined grains like wheat, rice, oats, cornmeal, barley, quinoa. Foods like cereals, pastas, tortillas, grits, matzo, breads, buns.
	Water		%	Water (plain, no additives)
LESS-HEALTHY	Processed		%	Such as desserts, pastries, chips, snack foods, boxed meals, canned meals, frozen made meals, pizza, burritos, soups, chili, energy bars.
	Other		%	Non-100% juices (sweeteners added), beverages, enhanced flavored and sweetened water, coffee, tea, spices, condiments, butter, oils.
	Unknown		%	If you are not sure where to put it in one of the above categories, use this one because you just don't know.
<b>TOTALS</b>			%	<b>Must equal 100%</b>
<p>The descriptions above do not have all of the food that can fall into the above categories. See USDA's <a href="http://ChooseMyPlate.gov">ChooseMyPlate.gov</a> for more commonly eaten foods in these categories.</p>				

Comments:

Prepared By:

Title:

Date: