

## MOTHeRS' Project Emergency Food Bag

Designed by the ECU Family Medicine Nutrition Services Team  
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Poor diet quality during pregnancy is associated with gestational diabetes, dyslipidemia, preeclampsia, and other pregnancy complications. Food insecurity during pregnancy is related to poor diet quality, excess weight gain, depression, and anxiety.

This pregnancy bag was designed to provide nutrients known to be inadequate in pregnancy within an acceptable caloric and carbohydrate range, and to complement the WIC V package.

### Criteria for the contents of the bag:

- a. Each food/beverage should provide at least one of the nutrients identified as inadequate in the diet of pregnant women in the U.S. This is possible because there are funds to purchase the foods rather than rely only on donated items.
- b. Nutrients provided should complement, not replace those provided by WIC Package V
- b. Food/beverage will be shelf stable
- c. Foods can be readily incorporated into a meal or snack
- d. Foods are known to be acceptable to women residing in rural eastern North Carolina
- e. Foods are appropriate for all pregnant women regardless of trimester or comorbidities (e.g. gestational diabetes, hypertension, excess or inadequate weight gain)
- f. Assumes the woman is taking a prenatal multiple vitamin mineral supplement that includes both iron and choline
- g. Foods are available in the rural areas of eastern North Carolina and their purchase would require about \$70

### The proposed bag provides:

|                      |            |                       |           |
|----------------------|------------|-----------------------|-----------|
| <b>Protein</b>       | 1,193 gm   | <b>Calcium</b>        | 14,208 mg |
| <b>Carbohydrates</b> | 3,460 gm   | <b>Iron</b>           | 464 mg    |
| <b>Fat</b>           | 637 gm     | <b>Iodine</b>         | 991 mcg   |
| <b>Folate</b>        | 14,337 mcg | <b>Choline</b>        | 4,184 mg  |
| <b>Vitamin D</b>     | 179 mcg    | <b>Total Omega 3s</b> | 15,510 mg |

This bag of food has a calculated **23,658 calories**. A typical pregnant woman needs around 2,000-2,400 calories per day

It is estimated that if these foods are consumed only by the pregnant woman screened to be food insecure, it would meet the target nutrients for two weeks; if added to the WIC benefits, it would last 4 weeks. The target nutrients are protein, folate, vitamin D, calcium, iron, and choline. There is no RDA for Omega 3, however, using the recommendation that pregnant women should consume 650 mg total Omega-3s per day during pregnancy, it is estimated that on its own this food bag will meet this daily recommendation for more than 20 days, and if combined with WIC, for more than 40 days.

## MOTHeRS' Food Bag

| Food Category                 | Food Type                  | Special Instructions   | Quantity                                |
|-------------------------------|----------------------------|--|---|
| <b>Meat - Seafood</b>         | Canned                     | Salmon (packed in water, with bones)<br>Chunk <i>Light</i> tuna (packed in water)  | 2, each                                 |
| <b>Meat - Other</b>           | Canned                     | Chicken (packed in water)  | 2                                       |
| <b>Nuts/Nut Butters</b>       | Jar or Bag                 | Mixed nuts (<50% peanuts; low sodium preferred)<br>Peanut butter (low sugar and low sodium preferred)  | 1, each                                 |
| <b>Cereals</b>                | Ready-to-Eat or Cooked     | RTE cereal (low sugar, whole grain)<br>Grits (individual packets or canister)<br>Oatmeal (canister or plain/low sugar packets)   | 1, each                                 |
| <b>Grains</b>                 | Dry                        | Quinoa<br>Egg noodles (fortified)  | 1, each                                 |
| <b>Snacks</b>                 | Dry                        | Whole Wheat Crackers (reduced sodium preferred)<br>Pretzels, baked (low sodium, if available)  | 1, each                                 |
| <b>Non-starchy Vegetables</b> | Canned                     | Leaf Spinach, asparagus, collard greens (unseasoned), tomatoes, mushrooms, green beans; (low sodium preferred in all types)  | 1, each OR<br>6, total                  |
| <b>Starchy Vegetables</b>     | Canned or Dried            | All types; Black beans, kidney beans, chickpeas, white beans, pinto beans, black eyed peas, etc.   | 2, canned<br>1, dried                   |
| <b>Fruit</b>                  | Dry or Individual cups     | Raisins (seedless, black or golden)<br>Mandarin orange cups (low sugar, or packed in water)<br>Applesauce cups (unsweetened)   | 1, each                                 |
| <b>Dairy</b>                  | Dry or Canned , evaporated | Evaporated milk (low-fat, with Vitamins A and D added)<br>Dry milk (nonfat, with Vitamins A and D added)<br>Carnation Breakfast Essentials, Light Start drink mix (sugar free) | 2, canned<br>1, dry<br>1, breakfast mix |

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