

# Choose Healthy Options Program (CHOP)

**CHOP** was created by the Greater Pittsburgh Community Food Bank to help make choosing healthy foods easier for you and your clients. It is a scientifically-based food analysis tool that assigns a ranking to foods based on its nutrient content provided by the Nutrition Facts Label.

## How it Works

Food Bank inventory is analyzed using a point system that ranks similar foods on a scale of 1-3. The program identifies different nutrient levels within foods and encourages nutrients to increase, like **fiber**, **vitamins**, **minerals** and **protein** and advises nutrients to decrease like, **saturated fat**, **sodium** and **sugar**.

## How to Use It

It's simple! You can view the ranking by clicking on the item number in Agency Express. Choose the food item with the lowest ranking (see scale). Review the diagram on the reverse side for a description of the process. Please feel free to contact your food bank dietitian if you have any questions.

### Did you know?

In fiscal year 2014-15, 87% of food distributed by the Food Bank was ranked a 1 or 2.



### Example:

#### Toasted Oat Cereal = Rank 1

Whole grain, good source of fiber, minimal added sugar

#### Honey Crunch Cereal = Rank 2

Low in whole grains with some added sugars, but good source of fiber

#### Frosted Flakes = Rank 3

Low in whole grains, low fiber, and high in added sugars

# Find the CHOP Rating in Agency Express

### Search

Item No. Description

Category: - Select a Category -

Feature Type Handling Req. Desc. Code Food Source

Search Show All View Favorites

### Shopping Cart

Total Line Items: 0 Total Due: \$0.00

Available Credit Limit: \$7,893.92 Gross Weight: 0

Print Clear Cart Add to Cart Check Out

### Shopping List

- Sort By -

Tip: Please Add to Cart requested items before leaving page

Order Qty	Available Qty.	Item No.	Description	Unit Price	VAP Fee	Pack Size	Feature Type	Gross Weight	Favorite
		94	71995	Aguas Frescas Flavored Water 15 - 33.8 oz Bottles	4.30	0.00		36	<input type="checkbox"/>
		12	<b>50007</b>	Angry Birds Gummies 12 - 3.5 Oz Boxes	0.42	0.00		4	<input type="checkbox"/>
		803	<b>S02036</b>	Applesauce 24 - 15 oz Cans	3.22	0.00		27	<input type="checkbox"/>
		467	01199	Beverages Assorted 30 lb Box	1.80	0.00		30	<input type="checkbox"/>
		65	94880	Blue Berry Flax Granola Cereal 6 - 10.3 Oz Container	0.60	0.00		5	<input type="checkbox"/>
		38	31225	Cabbage 50 lb Bag	0.00	0.00		50	<input type="checkbox"/>
		25	51001	Canned Vegetables 35 lb Box	4.20	0.00		35	<input type="checkbox"/>
		5	58471	Cereals Assorted Assorted Sizes	1.20	0.00		10	<input type="checkbox"/>

### Item Detail : 50007

Gross Weight: 4	Item Name: Angry Birds Gummies 12 - 3.5 Oz Boxes	Handling Req.: Dry
Extra Info.: NA	<b>Item Description: Nutrition Rating: 3</b>	Pack Size:
Category: Snack Foods		Price per Unit: 0.42
Food Source: DONATED		Cube Size: 0.27778
VAP Fee: 0.00		Packaging Type:
Unit of Measure: CASE		People Served: 0
Price per Pound: 0.11		Cost per person: NA

CHOP Rating = 3 Choose Springly

### Item Detail : S02036

Gross Weight: 27	Item Name: Applesauce 24 - 15 oz Cans	Handling Req.: Dry
Extra Info.: NA	<b>Item Description: Nutrition Rating: 1</b>	Pack Size:
Category: Fruit Canned & Frozen		Price per Unit: 3.22
Food Source: PURCHASED		Cube Size: 0.5625
VAP Fee: 0.00		Packaging Type:
Unit of Measure: CASE		People Served: 0
Price per Pound: 0.12		Cost per person: NA

CHOP Rating = 1 Choose Frequently