

Healthy Food Pantry Toolkit



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Contents:

About the project:

- Background about the grant
- Explanation of toolkit contents
- Program implementation

Program Assessment:

- Description of the Healthy Food Pantry Assessment Tool
- Healthy Food Pantry Assessment Tool
- Shelf Survey

Materials to Support Healthy Food Pantries:

- Make the Healthy Choice the Easy Choice
- Healthier Choice Food Labels
- Stocking a Healthy Food Pantry
- Foods to Encourage
- Tools for a Healthy Food Drive
- Food lists for people with chronic disease
 - Diabetes
 - High Blood Pressure
 - Heart Disease
- List for people who want to lose weight
- List for people who want to gain weight
- List for people who are gluten free
- List for people with dental sensitivity
- Homeless food package list

Food Referrals

- WIC
- Hunger Free Colorado

References

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About the project:

Background about the grant:

Tri-County Health Department (TCHD) received the Community Partnerships for Healthy Mothers and Children grant through the partnership of National WIC Association, Center for Disease Control, and American Congress of Obstetricians and Gynecologists. The grant's over-arching goal is improving access to healthy foods and preventing chronic disease. The grant includes a coalition of community organizations and members, health care providers, and businesses to provide guidance and feedback from the community.

The strategies guided by the coalition include increased awareness of healthy food options, providing seamless referrals to community resources including WIC, and creating increased knowledge and competency in breastfeeding support, cultural awareness and the benefits of WIC.

This toolkit has been developed to support the action of increasing the number of food pantries that provide healthy food and beverage options. This action aligns well with the Colorado Food Pantry Network Best Practices.

Explanation of toolkit contents:

Information in this toolkit includes a food pantry assessment tool, information on stocking a healthy food pantry, a list of foods to encourage, and lists that will help staff provide appropriate foods to people with chronic diseases, certain dietary beliefs, and those who are homeless.

Program Implementation:

TCHD created this toolkit for food pantries interested in promoting healthy foods for their community members with chronic diseases. Using this tool kit can assist food pantries in improving access to and availability of adequate and appropriate nutritious food for community members who utilize food pantries.

With this toolkit food pantries can determine how to best use the assessment tool and supporting materials to meet the needs of their unique communities. Food pantry staff can use information gathered from the assessment as a guide to help create an action plan to meet the health needs of their community.

If you have questions about the tool kit or would like additional information on training please contact Sue Howk, RD, at 720-200-1509 or email showk@tchd.org.

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Assessment Tool

Description of Healthy Food Pantry Assessment Tool:

The Food Pantry Assessment Tool can help food pantries ensure nutritious foods and foods that meet dietary restrictions due to health issues are available to low income people who visit food pantries.

The shelf survey gives the opportunity for food pantry staff to take inventory of the foods that are currently available. Once this assessment is made, staff can take time to consider if there are gaps in the choices of food provided or systems in place to offer healthy foods for those with chronic diseases. This information can be used as guidance for future food purchases made for the food pantry and will help to make necessary additions that will provide the most nutritious foods to help meet the needs of the people using the food pantry. It also gives the opportunity to assess what other resources and referrals are available to give to people who visit the food pantry.

Instructions for using the Healthy Food Pantry Assessment Tool:

The reviewer should use this tool to assess how many strategies are in place to assist the food pantry in meeting the following five objectives:

1. Increased access to a variety of fruits and vegetables
2. Provide appropriate food choices for those with chronic disease or dietary restrictions
3. Provide appropriate food choices for homeless people
4. Market healthy food and provide referrals
5. Have safe storage for perishables.

The reviewer will complete a shelf survey to assess the amount of healthy foods being offered. The assessor will talk to food pantry personnel while doing the shelf survey and take note of food that they usually have but may be absent during the shelf survey, take note of healthy foods that are available but not listed on the survey, and take note if there is a large amount of high sodium or high sugar choices.

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Healthy Food Pantry Assessment

Date: _____ Food Pantry Representative: _____

Food Pantry: _____

Reviewer: _____

First Visit ____ Second Visit ____

Healthy Food Pantry Initiative Goal: Increase access, distribution, and consumption of healthy foods including fruits and vegetables using the strategies listed below.

<p>Objective 1: Provide access to a variety of fruits and vegetables</p> <p><i>Possible Strategies</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Has fresh produce available <input type="checkbox"/> Provides low sodium canned vegetables <input type="checkbox"/> Provides no sugar added canned fruit <input type="checkbox"/> Has an onsite garden <input type="checkbox"/> Has a variety of fruits and vegetables available 	<p>Notes:</p> <p>Total strategies in place for Objective 1: _____</p>
<p>Objective 2: Provide appropriate food choices for those with chronic diseases or dietary restrictions</p> <p><i>Possible Strategies</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Has a diabetic food list for volunteers to use when packing foods. <input type="checkbox"/> Takes special diet requests into consideration <input type="checkbox"/> Has whole grain and dry bean options available <input type="checkbox"/> Offers health/diet related support materials 	<p>Notes:</p> <p>Total strategies in place for Objective 2: _____</p>
<p>Objective 3: Provide appropriate food choices for those that are homeless</p> <p><i>Possible Strategies</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Offers a homeless food package <input type="checkbox"/> Offers can openers 	<p>Notes:</p> <p>Total strategies in place for Objective 3: _____</p>
<p>Objective 4: Markets healthy food and has referrals for other resources available</p> <p><i>Possible Strategies</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Promotes other supplemental food programs in the area. <input type="checkbox"/> Provides information on SNAP, WIC and other low-income resources <input type="checkbox"/> Distributes affordable health care information <input type="checkbox"/> Has MyPlate materials visible <input type="checkbox"/> Emphasizes scratch cooking through distribution of meal components. 	<p>Notes:</p> <p>Total strategies in place for Objective 4: _____</p>
<p>Objective 5: Has safe storage for perishables</p> <p><i>Possible Strategies</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> This pantry has refrigeration <input type="checkbox"/> This pantry has freezers 	<p>Notes:</p> <p>Total strategies in place for Objective 5: _____</p>

Shelf Survey

Grains

- Whole grain bread
- Whole grain cereal
- Rolled oatmeal
- Hot cereal
- Barley
- Low-fat / low-sugar granola bars
- Whole wheat pasta
- Brown or wild rice
- Quinoa
- Whole wheat crackers
- Other

Fruits & Vegetables

- Low or no sodium canned vegetables
- Canned fruit & fruit cups in water or natural juices
- No sugar added apple sauce
- Low sodium vegetable juice
- Dried fruit
- Other

Meats & Proteins

- Low-sodium canned chicken
- Canned tuna in water
- Other seafood in water
- Unsalted nuts and seeds
- Reduced sodium peanut butter
- Eggs
- Low or no sodium canned beans
- Dried beans / peas
- Low sodium beef stew, chili or bean soup
- Other

- Bottled water
- Low sodium shelf stable pasta sauces
- Low sodium chicken and beef broth
- Olive oil
- Canola oil
- Other

Dairy

- Powdered milk
- Shelf stable soy milk
- Other

Refrigerator Survey if Applicable

- Lean meats
- 1% or skim milk
- Low fat yogurt
- Low fat cottage cheese
- Fresh fruit
- Fresh vegetables
- Other

Freezer Survey if applicable

- Lean meats
- No salt added frozen vegetable
- No sugar added frozen fruit
- Other

Notes:

Feedback from Food Pantry Personnel:

Materials to Support a Healthy Food Pantry

Instructions for using the Materials to Support a Health Food Pantry:

The materials on the following pages are being provided to food pantries to support their efforts in offering healthy foods to people visiting their food pantry.

The “Make the Healthy Choice the Easy Choice” materials give the opportunity for food pantry staff to look at where foods are placed in their food pantry and decide if simply placing the healthier foods in more convenient locations will help people choose the healthier choices.

The “Healthier Choice Food Labels” should be used in combination with the “Stocking a Healthy Food Pantry Checklist” and the “Foods to Encourage” list to determine which foods in the food pantry to label with the “Healthier Choice Food Labels”. After the foods are labeled with these signs they can be used to help staff pick the healthier foods when pre-packaging foods for recipients and can also be used in food pantries where people are choosing their own foods and would like to pick healthier choices for their families.

The “Tools for a Healthy Food Drive” provide two different donation lists to consider using when having a healthy food drive in your community:

The “Food Lists” are provided to help with food choices when someone has a chronic disease such as diabetes, or heart disease, or when someone has high blood pressure, needs gluten free food, wants to lose or gain weight, has dental sensitivity or is homeless. These lists can be printed and made available when people are choosing foods for themselves at the food pantry. They can also be given to staff to assist them in picking foods for people who make special requests based on dietary restrictions.



Whole grain foods can be promoted in your food pantry using the “Healthier Choice Food Labels”

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Materials to Support a Healthy Food Pantry

- Make the Healthy Choice the Easy Choice
- Healthier Choice Food Labels
- Stocking a Healthy Food Pantry
- Foods to Encourage
- Tools for a Healthy Food Drive
- Food lists for people with chronic disease:
 - Diabetes
 - High Blood Pressure
 - Heart Disease
- Food lists for people:
 - Who are gluten free
 - Who want to lose weight
 - Who want to gain weight
 - With dental sensitivity
 - Who are homeless

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Make the Healthy Choice the Easy Choice

Good food choices can be encouraged based on where food is placed in your food pantry. Here are some ideas to encourage healthier food choices:

- Display produce near the front door.
- Put healthy foods in a convenient easy to reach place.
- Place the healthier food in two different locations in the food pantry. For example put brown rice on two different shelves and white rice on a single shelf.
- Add a sign promoting a food's health benefits, for example whole grain foods may improve cholesterol and lower the risk of diabetes.
- Feature healthy foods by putting glossy photos of the food near the bin or by putting a sign promoting the food's health benefits nearby.
- Label healthier food choices with small signs.
 - Choose one of the signs on the following pages to label healthier food choices in your food pantry.
 - Use the "Stocking a Healthy Food Pantry" and the "Foods to Encourage" lists as guides to determine the healthier food choices you would like to label in your food pantry.



*Making the healthy choice the easy choice
with "Healthier Choice" food labels*

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Healthier Choice Food Labels

Instructions:

Use the “Stocking a Healthy Food Pantry” and the “Foods to Encourage” lists on the following pages as guides to determine the healthier food choices you would like to label in your food pantry. For example, separate your low sodium canned vegetables from the full sodium options and put a healthier choice label on the shelf with the low sodium canned vegetables. You could also add the healthier choice label to whole grain food choices at your food pantry such as whole grain pasta or brown rice.

Choose one of the following signs to label healthier food choices in your food pantry. Print the amount you need and cut them to use as signs next to healthy foods in your food pantry.

Healthier Choice



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Healthier Choice Food Labels

Healthier Choice



Healthier Choice



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Stocking a Healthy Food Pantry Checklist

Grains

- Whole grain bread
- Whole grain cereal
- Rolled oatmeal
- Hot cereal
- Barley
- Low-fat / low-sugar granola bars
- Whole wheat pasta
- Brown or wild rice
- Quinoa
- Whole wheat crackers

Fruits & Vegetables

- Low or no sodium canned vegetables
- Canned fruit & fruit cups in water or natural juices
- No sugar added apple sauce
- Low sodium vegetable juice
- Dried fruit

Meats & Proteins

- Low-sodium canned chicken
- Canned tuna in water
- Other seafood in water
- Unsalted nuts and seeds
- Reduced sodium peanut butter
- Eggs
- Low or no sodium canned beans
- Dried beans / peas
- Low sodium beef stew, chili or bean soup

Dairy

- Powdered milk
- Shelf stable soy milk

Other

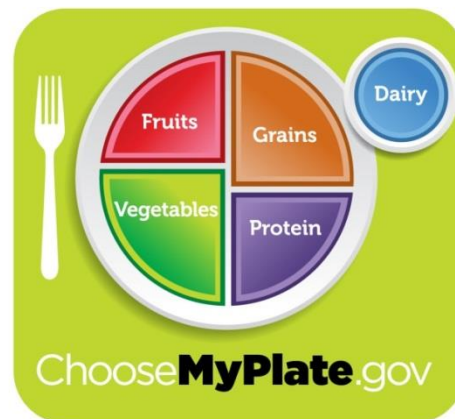
- Bottled water
- Low sodium shelf stable pasta sauces
- Low sodium chicken and beef broth
- Olive oil
- Canola oil

Food to Stock in the Refrigerator

- Lean meats
- 1% or skim milk
- Low fat yogurt
- Low fat cottage cheese
- Fresh fruit
- Fresh vegetables

Food to Stock in the Freezer

- Lean meats
- No salt added frozen vegetable
- No sugar added frozen fruit



*Adapted from Safe and Healthy Food Bank Project

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Foods to Encourage

Fruits and Vegetables

- Fruit with nothing added
- Canned, dried or frozen with no partially hydrogenated oils that meet the criteria below:
 - ≤230 mg of sodium
 - Fruit in own juices,
 - ≤12 of sugar
 - ≤2g saturated fat and ≤0g of trans fat

Grains

- 100% whole grains (rolled oats, barley, wild rice)
- Bread and pasta with “whole grain” listed as the first ingredient
- Cereal with “whole grain listed as the first ingredient and greater than 3 grams of dietary fiber per serving
- Bread, pasta & cereal that meet the criteria below:
 - ≤230 mg of sodium
 - ≤0g of sugar for bread and pasta and ≤12g of sugar for cereal
 - ≤2g saturated fat and ≤0g of trans fat

Protein

- Nuts, seeds, beans, and lentils with nothing added
- Beans, meat, poultry and seafood that meet criteria below:
 - ≤480 mg of sodium
 - ≤2g saturated fat and ≤0g of trans fat
- Nuts, seeds, nut butters and spreads that meet the criteria below:
 - ≤230 mg of sodium
 - ≤4 g of sugar per 2T or 1 oz.
 - ≤2g saturated fat and ≤0g of trans fat

Dairy

- Unflavored/unsweetened low-fat (1%), or skim / non-fat milk or yogurt
- Unsweetened milk substitutes (e.g. soy)
- Cheese that meet criteria below:
 - ≤480 mg of sodium
 - ≤3g saturated fat and ≤0g of trans fat
- Milk, milk substitutes and yogurt that meet the criteria below:
 - ≤480 mg of sodium
 - ≤22 g of sugar for milk and milk substitutes and ≤30g of sugar for yogurt
 - ≤3g saturated fat and ≤0g of trans fat

*Adapted from Feeding America

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Tools for a Healthy Food Drive:

Since many food pantry recipients have health concerns such as diabetes, high blood pressure, high cholesterol or heart disease, it is important to be mindful of food pantry recipient's health and wellness.

The following pages provide two different tools to consider using when having a healthy food drive in your community:

- **Healthy Food Donation List**
 - Provided by Feeding America
- **Healthy Foods to Donate**
 - Adapted from Tampa Bay Network to End Hunger



Whenever possible ask for fresh produce donations

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Healthy Food Donation List

Feeding America's 2014 *Hunger in America* study found that 79% of clients purchase inexpensive and unhealthy foods just to make ends meet. However, clients reported that they want to have a healthier diet; 55 percent of client households reported fresh fruit and vegetables as one of their most desired items when visiting a food pantry, 47 percent cited protein food items (including meat), and 40 percent cited dairy products.

Listed below are Feeding America's suggestions for healthful food donations.

Fruits and Vegetables

- **Fresh produce**; check to see if the food drive has the capacity to accept this as a donation.
- **Low sodium or water packed canned vegetables**, including tomatoes and tomato sauce can be easily obtained and are great alternatives to their fresh counterparts.
- **Canned fruits in 100% juice** are great sources of Vitamin C because only a small amount of it is lost in the canning process.
- **Dried fruits and vegetables** with no added sugar or fat.

Proteins

- **Low sodium or water packed canned meats and seafood** such as chicken, tuna, salmon, and clams are high in protein, low in saturated fat, and rich in a variety of vitamins and minerals.
- **Dried beans, peas and lentils** are high in fiber and low-fat sources of protein.
- **Low sodium canned beans and peas** such as kidney, black, cannellini, black eyed, and chickpeas are high in fiber and low-fat sources of protein. Rinsing beans and removing the canning liquid can reduce their sodium content.
- **Fresh or frozen meat**; check to see if the food drive has the capacity to accept this as a donation

Dairy and Dairy Substitutes

- **Milk** (unflavored nonfat, skim, and low-fat); check to see if the food drive has the capacity to accept this as a donation.
- **Shelf stable milk or non-dairy alternatives** such as soy milk are great sources of Vitamin D and calcium. In addition, shelf stable dehydrated milk and canned evaporated milk are also encouraged.

100% Whole Grains

- **Whole wheat pasta, barley, brown rice, and wild rice** are complex carbohydrates. They contain good sources of fiber, which are more satiating and filling.
- **Whole grain cereal and rolled oats with at least 3g of fiber** such as breakfast cereals can be additional sources of vitamins and minerals. Low sugar or unsweetened cereals and oats are also highly encouraged.

Healthy Fats

- **Low sodium nuts and nut butters** such as peanuts, almonds, and cashews are rich in protein and fiber. They also contain “good fats” and vitamins that are known to positively support heart health, such as monounsaturated and polyunsaturated fats, omega 3 fatty acids, and Vitamin E.

Healthy Foods to Donate



Grains

- Whole grain bread (whole wheat flour is the first ingredient)
- Whole grain cereal (has 3 or more grams of fiber)
- Rolled oatmeal and hot cereal
- Low-fat / low sugar granola bars
- Whole wheat pasta, vegetable pasta
- Brown or wild rice, quinoa and couscous
- Whole wheat crackers and pretzels

Fruits and Vegetables

- Low or no sodium canned vegetables and beans
- Canned fruit & fruit cups in water or in natural juices
- No-sugar added apple sauce
- Low sodium vegetable juice
- Dried fruit

Meats and Proteins

- Low-sodium canned chicken, tuna and other seafood in water
- Low-sodium beef stew, chili or bean soup
- Reduced sodium peanut butter
- Unsalted nuts and seeds

Dairy

- Powdered milk
- Shelf stable cow's milk or soy milk

Other

- Bottled water
- Low-sodium, shelf stable pasta sauces
- Low-sodium chicken and beef broth
- Extra virgin olive and canola oil

* Adapted from Tampa Bay Network to End Hunger

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Food Lists:

The following “Food Lists” are provided to help with food choices when someone has a chronic disease such as diabetes, or heart disease, or when someone has high blood pressure, needs gluten free foods, wants to lose or gain weight, has dental sensitivity or is homeless. These lists can be printed and made available when people are choosing foods for themselves at the food pantry. They can also be given to staff to assist them in picking foods for people who make special requests based on dietary restrictions.

- Food lists for people with chronic disease:
 - Diabetes
 - High Blood Pressure
 - Heart Disease

- Food list for people:
 - Who are gluten free
 - Who want to lose weight
 - Who want to gain weight
 - With dental sensitivity
 - Who are homeless

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Diabetes



Grains

- Whole Grain Breads
- Whole Wheat or Corn Tortillas
- Brown or Wild Rice
- Oatmeal
- Whole Grain Cereals
- Whole Wheat Pasta
- Quinoa
- Barley
- Air Popped Popcorn
- Buckwheat or Whole Wheat Flour
- Bulgur

Tip: Look for 3 grams of fiber per serving

Suggested servings: 6-11 oz. per day

Serving size: ½ cup cooked pasta or rice; 1 slice of bread; 6 inch tortilla

Fruits

- All Fresh Fruits
- Fruit Canned in Fruit Juice
- Unsweetened Frozen Fruit
- No Sugar Added Applesauce

Tip: Choose whole fruit instead of fruit juices. Suggested servings: 2 cups per day

Vegetables

- Fresh Vegetables
- Plain Frozen Vegetables
- Canned Vegetables, No Salt Added
- Low Sodium Vegetable Juice

Tip: Monitor starchy vegetables: corn, green peas, potatoes, and winter squash.

Rinse regular canned vegetables to remove sodium.

Suggested servings: 2 ½ cups per day

Dairy

- Low Fat or Non Fat Milk
- Low Fat Cheese
- Low Fat Powdered Milk
- Calcium Fortified Plain Soy Milk

Suggested Servings: 3 cups per day

Protein

- Canned Tuna packed in Water
- Canned Chicken packed in Water
- Lean Turkey, Chicken or Fish
- Dried Beans (Black, Pinto, Navy, Garbanzo, etc.)
- Canned Beans – *rinse thoroughly to remove sodium*
- Unsalted Nuts (Walnuts, Almonds, Peanuts, Hazelnuts, etc.)
- Nut Butters (Peanut Butter, Almond Butter, etc.)
- Flax Seeds, Sesame Seeds, Pumpkin Seeds
- Lentils

Suggested Servings: 6 oz. per day

1 oz. = 1 Tbsp. nut butter; ¼ cup of seeds and nuts; ¼ cup of beans

Fats and Oils

- Canola Oil
- Olive Oil
- Trans-Fat-Free Margarine
- Fat-Free Cooking Spray
- Olive-Oil Based Salad Dressings

Suggested Servings: 6 tsp per day or less

Beverages

- Water – unflavored
- Black Coffee – *sweetened with sugar substitute*
- Tea

Tip: Sports drinks, energy drinks, regular soda, and bottled sweetened tea have extra sugar added.



High Blood Pressure



Grains

- Whole Grain Breads – *low sodium*
- Whole Wheat or Corn Tortillas
- Brown or Wild Rice
- Oatmeal
- Whole Grain Cereals
- Whole Wheat Pasta
- Quinoa
- Barley
- Air Popped Popcorn
- Buckwheat or Whole Wheat Flour
- Bulgur

Tip: Look for 3 grams of fiber per serving

Suggested servings: 6-11 oz. per day

Serving size: ½ cup cooked pasta or rice; 1 slice of bread; 6 inch tortilla

Fruits

- All Fresh Fruits
- Fruit Canned in Fruit Juice
- Unsweetened Frozen Fruit
- No Sugar Added Applesauce

Tip: Choose whole fruit instead of fruit juices. Suggested servings: 2 cups per day

Vegetables

- Fresh Vegetables
- Plain Frozen Vegetables
- Canned Vegetables, No Salt Added

Tip: Rinse regular canned vegetables to remove sodium.

Suggested servings: 2 ½ cups per day

Dairy

- Low Fat or Non Fat Milk
- Low Fat Powdered Milk
- Calcium Fortified Plain Soy Milk

Suggested Servings: 3 cups per day

Protein

- Canned Tuna packed in Water
- Canned Chicken packed in Water
- Lean Turkey, Chicken or Fish
- Dried Beans (Black, Pinto, Navy, Garbanzo, etc.)
- Canned Beans – *no salt added*
- Unsalted Nuts (Walnuts, Almonds, Peanuts, Hazelnuts, etc.)
- Nut Butters (Peanut Butter, Almond Butter, etc.) – *low sodium*
- Flax Seeds
- Unsalted Pumpkin Seeds and Sunflower Seeds
- Lentils

Suggested Servings: 6 oz. per day

1 oz. = 1 Tbsp. nut butter; ¼ cup of seeds and nuts; ¼ cup of beans

Fats and Oils

- Canola Oil
- Olive Oil
- Trans-Fat-Free Margarine
- Fat-Free Cooking Spray
- Olive-Oil Based Salad Dressings

Suggested Servings: 6 tsp per day or less

Beverages

- Water – unflavored
- Black Coffee – *sweetened with sugar substitute*
- Tea

Tip: Sports drinks, energy drinks, regular soda, and bottled sweetened tea have extra sugar and sodium added.



Heart Disease



Grains

- Whole Grain Breads
- Whole Wheat or Corn Tortillas
- Brown or Wild Rice
- Oatmeal
- Whole Grain Cereals
- Whole Wheat Pasta
- Quinoa
- Barley
- Air Popped Popcorn
- Buckwheat or Whole Wheat Flour
- Bulgur

Tip: Look for 3 grams of fiber per serving

Suggested servings: 6-11 oz. per day

Serving size: ½ cup cooked pasta or rice; 1 slice of bread; 6 inch tortilla

Fruits

- All Fresh Fruits
- Fruit Canned in Fruit Juice
- Unsweetened Frozen Fruit
- No Sugar Added Applesauce

Tip: Choose whole fruit instead of fruit juices. Suggested servings: 2 cups per day

Vegetables

- Fresh Vegetables
- Plain Frozen Vegetables
- Canned Vegetables, No Salt Added
- Low Sodium Vegetable Juice

Tip: Monitor starchy vegetables: corn, green peas, potatoes, and winter squash.

Rinse regular canned vegetables to remove sodium.

Suggested servings: 2 ½ cups per day

Dairy

- Low Fat or Non Fat Milk
- Low Fat Cheese
- Low Fat Powdered Milk
- Calcium Fortified Plain Soy Milk

Suggested Servings: 3 cups per day

Protein

- Canned Tuna packed in Water
- Canned Chicken packed in Water
- Lean Turkey, Chicken or Fish
- Dried Beans (Black, Pinto, Navy, Garbanzo, etc.)
- Canned Beans – *rinse thoroughly to remove sodium*
- Unsalted Nuts (Walnuts, Almonds, Peanuts, Hazelnuts, etc.)
- Nut Butters (Peanut Butter, Almond Butter, etc.)
- Flax Seeds, Sesame Seeds, Pumpkin Seeds
- Lentils

Suggested Servings: 6 oz. per day

1 oz. = 1 Tbsp. nut butter; ¼ cup of seeds and nuts; ¼ cup of beans

Fats and Oils

- Canola Oil
- Olive Oil
- Trans-Fat-Free Margarine
- Fat-Free Cooking Spray
- Olive-Oil Based Salad Dressings

Suggested Servings: 6 tsp per day or less

Beverages

- Water – unflavored
- Black Coffee – *sweetened with sugar substitute*
- Tea

Tip: Sports drinks, energy drinks, regular soda, and bottled sweetened tea have extra sugar added.



Food to choose if you want to lose weight



Grains

- Whole Grain Breads
- Whole Wheat or Corn Tortillas
- Brown or Wild Rice
- Oatmeal
- Whole Grain Cereals
- Whole Wheat Pasta
- Quinoa
- Barley
- Air Popped Popcorn
- Buckwheat or Whole Wheat Flour
- Bulgur

Tip: Look for 3 grams of fiber per serving

Suggested servings: 6-11 oz. per day

Serving size: ½ cup cooked pasta or rice; 1 slice of bread; 6 inch tortilla

Fruits

- All Fresh Fruits
- Fruit Canned in Fruit Juice
- Unsweetened Frozen Fruit
- No Sugar Added Applesauce

Tip: Choose whole fruit instead of fruit juices. Suggested servings: 2 cups per day

Vegetables

- Fresh Vegetables
- Plain Frozen Vegetables
- Canned Vegetables, No Salt Added
- Low Sodium Vegetable Juice

Tip: Monitor starchy vegetables: corn, green peas, potatoes, and winter squash.

Rinse regular canned vegetables to remove sodium.

Suggested servings: 2 ½ cups per day

Dairy

- Low Fat or Non Fat Milk
- Low Fat Cheese
- Low Fat Powdered Milk
- Calcium Fortified Plain Soy Milk

Suggested Servings: 3 cups per day

Protein

- Canned Tuna packed in Water
- Canned Chicken packed in Water
- Lean Turkey, Chicken or Fish
- Dried Beans (Black, Pinto, Navy, Garbanzo, etc.)
- Canned Beans – *rinse thoroughly to remove sodium*
- Unsalted Nuts (Walnuts, Almonds, Peanuts, Hazelnuts, etc.)
- Nut Butters (Peanut Butter, Almond Butter, etc.)
- Flax Seeds, Sesame Seeds, Pumpkin Seeds
- Lentils

Suggested Servings: 6 oz. per day

1 oz. = 1 Tbsp. nut butter; ¼ cup of seeds and nuts; ¼ cup of beans

Fats and Oils

- Canola Oil
- Olive Oil
- Trans-Fat-Free Margarine
- Fat-Free Cooking Spray
- Olive-Oil Based Salad Dressings

Suggested Servings: 6 tsp per day or less

Beverages

- Water – unflavored
- Black Coffee – *sweetened with sugar substitute*
- Tea

Tip: Sports drinks, energy drinks, regular soda, and bottled sweetened tea have extra sugar added.



Food to choose if you need to gain weight



Grains

- Whole Grain Breads
- Whole Wheat or Corn Tortillas
- Brown or Wild Rice
- Oatmeal
- Whole Grain Cereals
- Whole Wheat Pasta
- Quinoa
- Barley
- Air Popped Popcorn
- Buckwheat or Whole Wheat Flour
- Bulgur

Tip: Look for 3 grams of fiber per serving

Suggested servings: 6-11 oz per day

Serving size: ½ cup cooked pasta or rice; 1 slice of bread; 6 inch tortilla

Fruits

- All Fresh Fruits
- Fruit Canned in Fruit Juice
- Unsweetened Frozen Fruit
- No Sugar Added Applesauce

Tip: Choose whole fruit instead of fruit juices. Suggested servings: 2 cups per day

Vegetables

- Fresh Vegetables
- Plain Frozen Vegetables
- Canned Vegetables, No Salt Added
- Low Sodium Vegetable Juice

Tip: Monitor starchy vegetables: corn, green peas, potatoes, and winter squash.

Rinse regular canned vegetables to remove sodium.

Suggested servings: 2 ½ cups per day

Dairy

- Low Fat or Non Fat Milk
- Low Fat Cheese
- Low Fat Powdered Milk
- Calcium Fortified Plain Soy Milk

Suggested Servings: 3 cups per day

Protein

- Canned Tuna packed in Water
- Canned Chicken packed in Water
- Lean Turkey, Chicken, Beef or Fish
- Dried Beans (Black, Pinto, Navy, Garbanzo, etc.)
- Canned Beans – *rinse thoroughly to remove sodium*
- Unsalted Nuts (Walnuts, Almonds, Peanuts, Hazelnuts, etc.)
- Nut Butters (Peanut Butter, Almond Butter, etc.)
- Flax Seeds, Sesame Seeds, Pumpkin Seeds
- Lentils
- Eggs

Suggested Servings: 6 oz. per day

1 oz. = 1 Tbsp. nut butter; ¼ cup of seeds and nuts; ¼ cup of beans

Fats and Oils

- Canola Oil
- Olive Oil
- Trans-Fat-Free Margarine
- Fat-Free Cooking Spray
- Olive-Oil Based Salad Dressings

Suggested Servings: 6 tsp per day or less

Beverages

- Water – unflavored
- Black Coffee – *sweetened with sugar substitute*
- Tea

Tip: Sports drinks, energy drinks, regular soda, and bottled sweetened tea have extra sugar added.



Gluten Free Foods



Grains

- Corn Tortillas
- Brown or Wild Rice
- Oatmeal from gluten free facility
- Gluten Free Cereals and Breads
- Quinoa
- Air Popped Popcorn
- Buckwheat

Tip: Look for 3 grams of fiber per serving

Suggested servings: 6-11 oz. per day

Serving size: ½ cup rice; 6 inch tortilla

Fruits

- All Fresh Fruits
- Fruit Canned in Fruit Juice
- Unsweetened Frozen Fruit
- No Sugar Added Applesauce

Tip: Choose whole fruit instead of fruit juices. Suggested servings: 2 cups per day

Vegetables

- Fresh Vegetables
- Plain Frozen Vegetables
- Canned Vegetables, No Salt Added
- Low Sodium Vegetable Juice

Tip: Monitor starchy vegetables: corn, green peas, potatoes, and winter squash.

Rinse regular canned vegetables to remove sodium.

Suggested servings: 2 ½ cups per day

Dairy

- Low Fat or Non Fat Milk
- Low Fat Cheese
- Low Fat Powdered Milk
- Calcium Fortified Plain Soy Milk

Suggested Servings: 3 cups per day

Protein

- Canned Tuna packed in Water
- Canned Chicken packed in Water
- Lean Turkey, Chicken, Beef, or Fish
- Dried Beans (Black, Pinto, Navy, Garbanzo, etc.)
- Canned Beans – *rinse thoroughly to remove sodium*
- Unsalted Nuts (Walnuts, Almonds, Peanuts, Hazelnuts, etc.)
- Nut Butters (Peanut Butter, Almond Butter, etc.)
- Flax Seeds, Sesame Seeds, Pumpkin Seeds
- Lentils
- Eggs

Suggested Servings: 6 oz. per day

1 oz. = 1 Tbsp. nut butter; ¼ cup of seeds and nuts; ¼ cup of beans

Fats and Oils

- Canola Oil
- Olive Oil
- Trans-Fat-Free Margarine
- Fat-Free Cooking Spray
- Olive-Oil Based Salad Dressings

Suggested Servings: 6 tsp per day or less

Beverages

- Water – unflavored
- Black Coffee – *sweetened with sugar substitute*
- Tea

Tip: Sports drinks, energy drinks, regular soda, and bottled sweetened tea have extra sugar added.



Food to choose if you have dental sensitivity



Grains

- Whole Grain Breads
- Whole Wheat or Corn Tortillas
- Brown or Wild Rice
- Oatmeal
- Whole Wheat Pasta
- Quinoa
- Buckwheat or Whole Wheat Flour

Tip: Look for 3 grams of fiber per serving

Suggested servings: 6-11 oz. per day

Serving size: ½ cup cooked pasta or rice; 1 slice of bread; 6 inch tortilla

Fruits

- Soft Fresh Fruits
- Fruit Canned in Fruit Juice
- Unsweetened Frozen Fruit
- No Sugar Added Applesauce

Tip: Choose whole fruit instead of fruit juices. Suggested servings: 2 cups per day

Vegetables

- Fresh Soft Vegetables
- Plain Frozen Vegetables
- Canned Vegetables, No Salt Added
- Low Sodium Vegetable Juice

Tip: Monitor starchy vegetables: corn, green peas, potatoes, and winter squash.

Rinse regular canned vegetables to remove sodium.

Suggested servings: 2 ½ cups per day

Dairy

- Low Fat or Non Fat Milk
- Low Fat Cheese
- Low Fat Powdered Milk
- Calcium Fortified Plain Soy Milk

Suggested Servings: 3 cups per day

Protein

- Canned Tuna packed in Water
- Canned Chicken packed in Water
- Lean Turkey, Chicken, Beef or Fish
- Dried Beans (Black, Pinto, Navy, Garbanzo, etc.)
- Canned Beans – *rinse thoroughly to remove sodium*
- Nut Butters (Peanut Butter, Almond Butter, etc.)
- Lentils
- Eggs

Suggested Servings: 6 oz. per day

1 oz. = 1 Tbsp. nut butter; ¼ cup of seeds and nuts; ¼ cup of beans

Fats and Oils

- Canola Oil
- Olive Oil
- Trans-Fat-Free Margarine
- Fat-Free Cooking Spray
- Olive-Oil Based Salad Dressings

Suggested Servings: 6 tsp per day or less

Beverages

- Water – unflavored
- Black Coffee – *sweetened with sugar substitute*
- Tea

Tip: Sports drinks, energy drinks, regular soda, and bottled sweetened tea have extra sugar added.



Food to choose if you are currently homeless



Grains

- Whole Grain Breads
- Whole Wheat or Corn Tortillas
- Instant Oatmeal
- Whole Grain Cereals
- Air Popped Popcorn
- Granola Bars
- Small Cracker Packs
- Ready to eat meals: Ravioli, Spaghetti-o's, Mac-n-cheese
- Pre-Packaged Dinners

Tip: Look for 3 grams of fiber per serving

Suggested servings: 6-11 oz. per day

Serving size: ½ cup cooked pasta or rice; 1 slice of bread; 6 inch tortilla

Fruits

- All Fresh Fruits
- Fruit Canned in Fruit Juice
- Unsweetened Frozen Fruit
- No Sugar Added Applesauce
- Dried Fruit
- Raisins
- Craisins

Tip: Choose whole fruit instead of fruit juices. Suggested servings: 2 cups per day

Vegetables

- Fresh Vegetables
- Plain Frozen Vegetables
- Canned Vegetables, No Salt Added
- Low Sodium Vegetable Juice

Tip: Monitor starchy vegetables: corn, green peas, potatoes, and winter squash.

Rinse regular canned vegetables to remove sodium.

Suggested servings: 2 ½ cups per day

Dairy

- Shelf Stable Low Fat or Non Fat Milk
- Low Fat Cheese
- Low Fat Powdered Milk
- Shelf Stable Calcium Fortified Plain Soy Milk
- Pudding Cups

Suggested Servings: 3 cups per day

Protein

- Canned Tuna packed in Water
- Tuna Pouches
- Canned Chicken packed in Water
- Tuna Salad quick meals
- Chicken Salad quick meals
- Beef Jerky
- Canned Beans – *rinse thoroughly to remove sodium*
- Unsalted Nuts (Walnuts, Almonds, Peanuts, Hazelnuts, etc.)
- Trail Mix
- Nut Butters (Peanut Butter, Almond Butter, etc.)
- Flax Seeds, Sesame Seeds, Pumpkin Seeds
- Lentils

Suggested Servings: 6 oz. per day

1 oz. = 1 Tbsp. nut butter; ¼ cup of seeds and nuts; ¼ cup of beans

Fats and Oils

- Canola Oil
- Olive Oil
- Trans-Fat-Free Margarine
- Fat-Free Cooking Spray
- Olive-Oil Based Salad Dressings

Suggested Servings: 6 tsp per day or less

Beverages

- Water – unflavored
- Black Coffee – *sweetened with sugar substitute*
- Tea

Tip: Sports drinks, energy drinks, regular soda, and bottled sweetened tea have extra sugar added.



Materials for Food Referrals:

The posters on the following pages can be printed and displayed in your food pantry to provide more food resources for people who visit your food pantry.

- WIC
 - Assistance with family nutrition
 - Infant / child's healthy growth
 - Nutritious foods
 - Solutions for picky eaters
 - Prenatal nutrition
 - Breastfeeding support

- Hunger Free Colorado
 - SNAP / food stamp applications
 - Food banks and pantries
 - WIC (Women, Infants, and Children)
 - Food sites for kids and teens
 - In-home SNAP application assistance for seniors and disabled
 - Meals on Wheels for seniors
 - Fresh produce locations
 - Holiday meal baskets
 - Nutrition education classes

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YOU GOT THIS, MOM.

AND WE'RE HERE TO HELP.

WIC provides healthy food, nutrition education, and breastfeeding guidance to more than 8 million moms and children. If you're pregnant, a caregiver, or a mom with children under 5, you can get the right personalized support for you and your family.

LEARN MORE

VISIT signupwic.com/local



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References available upon request

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CONNECTING COLORADANS TO FOOD & NUTRITION RESOURCES

**HUNGER FREE
HOTLINE**
STATEWIDE, TOLL-FREE
855-855-4626

All calls kept confidential.

IN JUST ONE CALL, FIND OUT:

- How to get money for groceries
- Where food pantries and free meal sites are located
- What other food and nutrition resources are available for people of all ages and backgrounds

THE ONE-STOP RESOURCE FOR FOOD AND NUTRITION IN COLORADO.

- SNAP/food stamp applications
- Food banks and pantries
- WIC (Women, Infants, and Children)
- Food sites for kids & teens
- In-home SNAP application assistance for seniors and disabled
- Meals on Wheels for seniors
- Fresh produce locations
- Holiday meal baskets
- Nutrition education classes

**HUNGER
FREE COLORADO**

HungerFreeColorado.org  [/HungerFreeColorado](https://www.facebook.com/HungerFreeColorado)  [@HungerFreeCO](https://twitter.com/HungerFreeCO)

Hunger Free Colorado is the state's leading anti-hunger organization leveraging the power of collaboration, system change, policy change and social change to end hunger in Colorado.

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CONECTANDO A LOS HABITANTES DE COLORADO CON RECURSOS DE COMIDA Y NUTRICIÓN

**HUNGER FREE
HOTLINE**
STATEWIDE, TOLL-FREE
855-855-4626

Todas las llamadas son confidenciales.

CON UNA SOLA LLAMADA USTED SE INFORMARÁ SOBRE:

- Cómo obtener dinero para comprar comida
- Dónde están los bancos de comida y los sitios de comidas gratis
- Qué otros recursos de comidas y nutrición están disponibles para gente de toda edad y origen

UNA SOLA LLAMADA PARA ACCEDER A LOS RECURSOS DE COMIDA Y NUTRICIÓN EN COLORADO.

- Solicitud de SNAP/cupones de comida
- Bancos de comida
- WIC (Mujeres, bebés y niños)
- Sitios de comidas gratis en el verano para niños y adolescentes
- Ayuda con la solicitud de SNAP para gente de la tercera edad o incapacitados
- Programa "Meals on Wheels" para gente de la tercera edad
- Sitios de frutas y verduras frescas
- Canastas de comida para el día de acción de gracias y la navidad
- Clases y educación sobre nutrición

**HUNGER
FREE COLORADO**

HungerFreeColorado.org  [/ColoradoSinHambre](https://www.facebook.com/ColoradoSinHambre)  [@COSinHambre](https://twitter.com/COSinHambre)

Hunger Free Colorado es la organización líder en el estado en encauzar el poder de la colaboración, el cambio de sistemas, los cambios de políticas públicas y el cambio social para terminar con el hambre en Colorado.

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