



Building a Healthy Pantry

Building a Healthy Pantry provides clients with foods that work to improve and maintain their health! It also models how a healthy meal should be prepared.

Follow the MyPlate guidelines including items from each group for a well-rounded bag that encourages clients to prepare healthier meals!

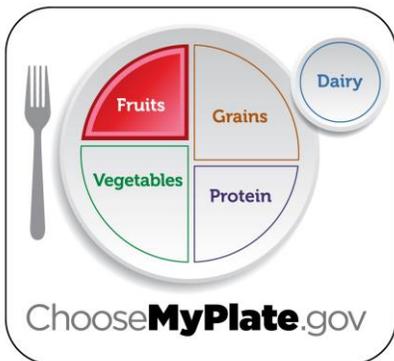
KEY MESSAGES:

Half of your pantry should be **fruits** and **vegetables**. The rest of the pantry should have whole **grains**, lean **protein**, and low fat **dairy**.

BALANCE: A balanced diet includes foods from each of the food groups. For meal planning include three of the five food groups to make a meal.

VARIETY: Include a variety of foods both within each food group. Encourage the client to try something new or to get a variety of different colored items.

MODERATION: All foods can fit into a healthy diet. The majority of the pantry should include foods that fit into the major food groups rather than snacks and desserts.



Fruit Group

AIM for colorful fruits that have no or little added sugar.

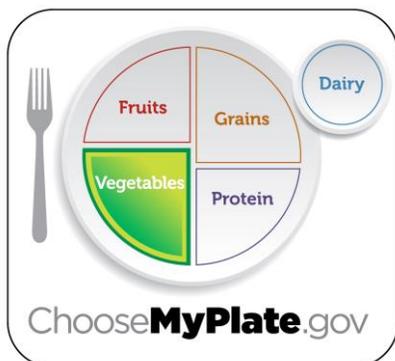
Fresh: Seasonal fresh fruits when available

Frozen: Raspberries, blueberries, strawberries, peaches

Canned: Peaches, pears, pineapple, applesauce, oranges, mixed fruit

Make sure they are in 100% juice or water. Drain the juice off and use in a smoothie.

Dried: Raisins, peaches, apricots, cherries, raisins



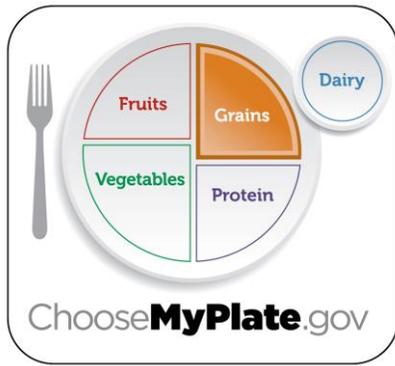
Vegetable Group

AIM for colorful fresh, frozen, or no-salt added canned

Fresh Vegetables: Choose seasonal produce when available

Canned & Frozen Vegetables: Broccoli, cauliflower, carrots, corn, potatoes, sweet potatoes, peas, green beans, beets, spinach, tomatoes

Dried Beans & Peas: Black eyed peas, black beans, peas, pinto beans, kidney beans, lentils



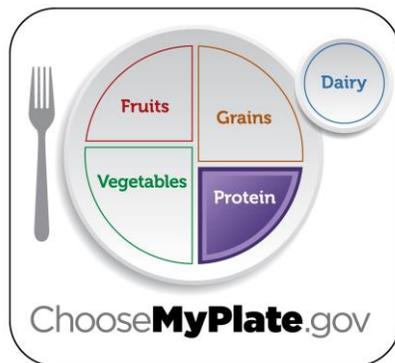
Grain Group

AIM to make half the grains “Whole Grain”!

Breakfast Items: Whole grain cereals, oatmeal, bread, bagels, muffins, cereal bars, pancake & biscuit mixes

Lunch and Dinner Items: Wheat bread, pita, wheat tortillas, brown rice, pasta, whole wheat spaghetti, whole grain macaroni, wheat flour, cornmeal, quinoa

Snacks: granola bars, multi-grain bars, whole grain crackers



Protein Group

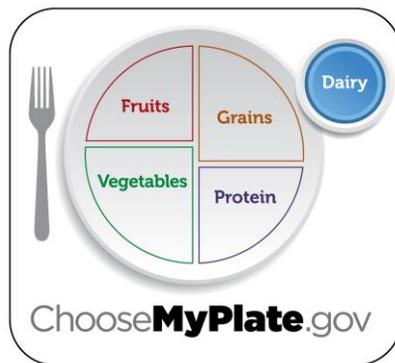
AIM for lean meats, fish, and chicken.

Make sure to have shelf stable and non-meat proteins to meet the needs of your clients.

Canned Items: Tuna, chicken, turkey, salmon, peanut butter

Dried Items: Beans, peas, nuts, seeds

Fresh or Frozen: Lean beef, skinless chicken, fish, pork loin, eggs



Dairy Group

AIM for low fat and limited added sugar.

For clients that cannot have milk products, offer lactose free or unsweetened milk alternatives. If that is not available suggest vegetables high in calcium like leafy greens and okra.

Milk: Low fat boxed milk, dry milk, evaporated milk, almond/soy milk

Other dairy products: Greek or regular plain yogurt or yogurt with limited added sugar, low fat cheese (watch the sodium), low fat sour cream, frozen yogurt or light ice cream

Packaged Meals

Packaged meals may have multiple food groups. For example: Hamburger Helper has noodles (grain), meat (protein), milk and cheese (dairy). Include several prepackaged meals for easy meal prep; however, encourage clients to add vegetables to the meals or to not use the spice packet but to season it themselves to avoid the added sodium.