

## 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!

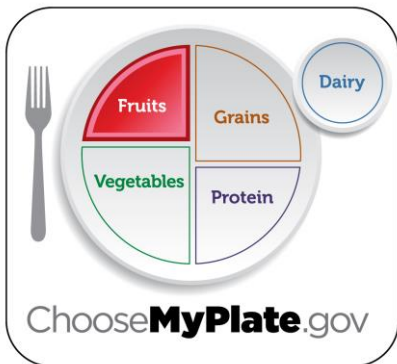
### KEY MESSAGES:

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.**

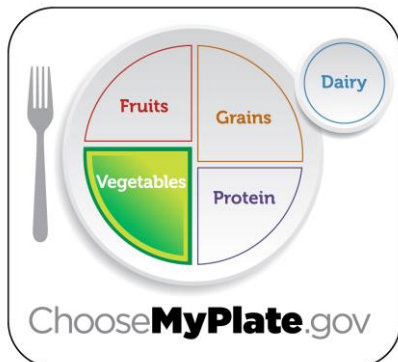
**Fresh:** Seasonal fresh fruits when available

**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



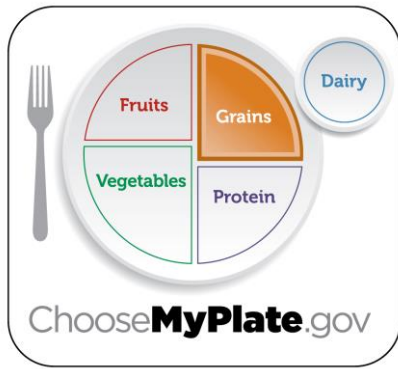
### Vegetable Group

**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



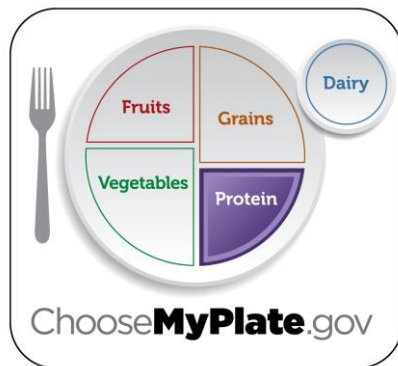
## Grain Group

**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

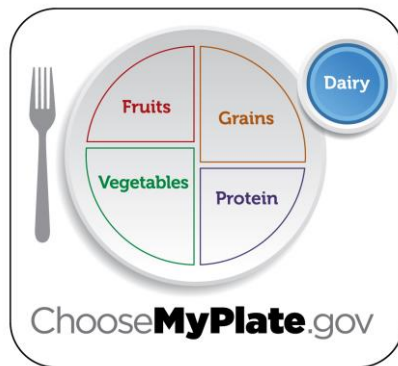
**AIM for lean meats, fish, and chicken.**

**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.