Foods with limited saturated fat, sodium, and sugar.

F2E items can be promoted to clients visiting your pantry who are working to maintain good health or manage chronic disease, like diabetes and hypertension. These items are available for your agency to order!

F2E GUIDELINES ON THE LABEL:

Look for the F2E designation on the shopping list. Currently, we are sorting and identifying F2E fruits, vegetables, and protein.

Foods that do not meet F2E criteria are just as important for our clients. These items just need some extra tips on how to cut back on the saturated fat, sodium, and sugar.

For tips and recipe ideas, visit the Nutrition Center on the Member Section of our website.

Fruits packed in 100% juice or water are automatically F2E.

≤ means less than or equal