






Packing a Healthy Pantry Bag



Food Group	Food Choices	Tips for Healthier Choices
Grains 	Pasta/noodles Rice Hot cereal Cold cereal Bread Rolls/pita/muffins/bagels/tortilla	<ul style="list-style-type: none"> - Include whole grain, high-fiber choices like whole wheat bread, brown rice and whole wheat pasta. - Choose cereals low in sugar and high in fiber like plain oatmeal, farina, and wheat bran cereals.
Vegetables 	Fresh Can Frozen Tomato sauce	<ul style="list-style-type: none"> - Pack fresh and frozen vegetables whenever possible. - Pack fewer starchy vegetables like potatoes, corn, peas and lima beans and replace with other colorful vegetables.
Fruits 	Fresh Can Frozen Dried Fruit 100% Juice	<ul style="list-style-type: none"> - Pack fresh, frozen or dried fruit as much as possible. - Limit the amount of fruit juices and canned fruits in syrup included in the bag.
Protein 	Canned chicken/tuna/sardines Canned salmon/mackerel Frozen meats Eggs Dried/canned beans Peanut butter Stews/chili/meatballs	<ul style="list-style-type: none"> - Pack lean meats such as chicken, turkey and fish. - Include non-meat protein options like beans, nuts and peanut butter. - Include fresh or frozen meat and seafood instead of canned when possible.
Dairy OR Calcium-Rich Foods 	Powdered Milk Liquid Milk 1% or non fat Yogurt Cheese Soy/Almond/Rice milk Sardines/Salmon/Almonds Collards/Leafy Greens/Broccoli	<ul style="list-style-type: none"> - Include low-fat sources of dairy like 1% or non-fat milk or yogurt. - For lactose intolerant clients, offer other foods high in calcium instead of milk.
Other	Oils Beverages	<ul style="list-style-type: none"> - Avoid high-fat and high-sugar foods. - Offer healthier oils like canola and olive oil. - Offer low-sugar beverage options like water, milk, coffee, tea, or seltzer water.