

Food Pantry Items



Fruit & Vegetable Group	Protein Group
<p>Choose canned or dry fruits and vegetables in an array of colors to ensure consumption of a variety of vitamins and minerals.</p> <ul style="list-style-type: none"> • <u>canned</u> vegetables • <u>vegetable</u> juice • <u>tomato</u> sauce • <u>spaghetti</u> sauce • <u>canned</u> fruit (in its own juice) • <u>fruit</u> juice (100%) • <u>shelf-stable</u> fruit cups 	<p>Choose shelf-stable lean meats as a good source of low-fat protein and canned or dry beans as a good source of fiber.</p> <ul style="list-style-type: none"> • <u>tuna</u> • <u>salmon</u> • <u>chicken</u> • <u>beans</u> • <u>chili</u> • <u>beef</u> stew • <u>peanut</u> butter • <u>nuts</u> (unsalted)
Grain Group	Milk Group
<p>Choose non-perishable whole grains as often as you can for maximum nutritional value.</p> <ul style="list-style-type: none"> • <u>hot</u> cereals • <u>whole</u> grain crackers • <u>whole</u> wheat pasta • <u>low</u> sugar/high fiber cereal • <u>whole</u> grain rice 	<p>Choose shelf-stable low-fat dairy products fortified with vitamin D.</p> <ul style="list-style-type: none"> • <u>dry</u> milk • <u>boxed</u> shelf-stable milk