

Food Gatherers Healthy Pantry Conversion Project



Suggested Shelf Tag Lines

Food Gatherers has designed pear-shaped shelf tags or “shelf talkers” to make it easy for shoppers to identify and learn about healthy foods. Use these cards in your food pantry to highlight and offer hints and tips related to healthy items. Contact the Food Gatherers Community Food Programs Team (cfp@foodgatherers.org) for an electronic-file of the Pear Cards Printable Sheet.

Instructions: Print and laminate Pear “Shelf-Talker” Cards Printable Sheet. Cut out pears along dotted line. Use dry-erase markers to write quick nutrition or cooking tips on laminated cards. Fasten Pear Cards on pantry shelves next to healthy items. Use suggested tag-lines below, or create your own.

Fruits and Vegetables

- Applesauce (unsweetened)
 - “No added sugar”
 - “Healthy snack”
 - “Try adding cinnamon”
 - “Great for kids”
 - “Mix into Oatmeal”
- Canned Fruit (in 100% juice or syrup)
 - “Add to yogurt or cottage cheese”
 - “Makes a sweet healthy snack”
 - “Delicious kid-friendly snack”
 - “Stir canned pears or peaches into oatmeal”
- Dried Fruit (with no added sugar)
 - “Add me to Oatmeal”
 - “Mix with nuts for a healthy snack”
- Canned Vegetables (Low Sodium or No Salt Added)
 - “Low in Salt”
 - “High in vitamins and minerals”

Dairy

- Milk (low fat or skim)
 - “Good for bones, teeth and muscles”
 - “Got milk?”

- Yogurt
 - “Helps digestion”
 - “Add dried fruit and nuts”

Whole Grains

- Whole Grains (general)
 - “Whole grains are heart healthy”
 - “Make half your grains whole grains!”
 - “Whole grains are full of protein”
 - “Ask us about our whole grain bread choices”
- Oatmeal or whole rolled oats
 - “Makes a heart healthy breakfast”
 - “Try overnight oats (see recipe)”
- Quinoa
 - “High in fiber and protein”
 - “Cooks in 20 minutes”
 - “Eat quinoa like rice”
 - “Add quinoa to salads”
 - “Quinoa is gluten-free”
- Popcorn (plain, low-sodium or no salt added only)
 - “Popcorn: healthy snack”
 - “High in Fiber”
 - “Snack on Popcorn”



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Protein

- Dried Beans and Lentils
 - “Heart Healthy”
 - “High in Protein and Fiber”
 - “Soak, boil and store in freezer”
- Canned Beans
 - “Drain and rinse canned beans before using”
 - “Add white beans to pastas or soup”
 - “Top black beans with cheese and salsa”
 - “Beans are Heart Healthy”
 - “High in Protein and Fiber”
 - “Try black beans and rice for dinner”
- Peanut or Almond Butter
 - “High in Protein and Healthy Fats”
 - “Spread on Apples or Bananas”
 - “Spread on Crackers”
 - “Delicious and Healthy”
- Nuts (unsalted or low-sodium)
 - “Snack on unsalted nuts”
 - “Mix nuts with dried fruit”
 - “Excellent protein source”
 - “Nuts are good for your brain”
- Seeds e.g., Pumpkin, Sunflower (unsalted or low-sodium)
 - “Snack on seeds”
 - “Mix seeds with nuts or dried fruit”
 - “Excellent protein source”
- Canned Tuna
 - “High in Omega-3”
 - “Good for your brain”
 - “Lean protein”
 - “Heart Healthy”
 - “Use in sandwiches, salads or pasta”
- Canned Salmon
 - “Use like canned tuna”
 - “Low in mercury”
 - “High in Omega-3”
 - “Good for your brain”
 - “Lean protein”
 - “Heart Healthy”
 - “Use in sandwiches, salads or pasta”
- Canned Sardines
 - “Low in mercury”
 - “High in Omega-3”
 - “Good for your brain”
 - “Lean protein”
 - “Heart Healthy”
 - “Use in sandwiches, salads or pasta”

