

Food Gatherers Healthy Pantry Conversion Project Toolkit

What is a Healthy Pick?

Food Gatherers has created Healthy Pick “Carrot Cards” to help shoppers identify healthy choices in the Food Pantry. Use these cards to highlight foods that are fresh, in-season, and low in sodium.



Instructions: Print and laminate Healthy Pick “Carrot Card” Printable Sheet*. Cut out carrots along dotted line. Fasten “Carrot Cards” on pantry shelves to highlight any of the healthy foods listed below. Healthy Pick “Carrot Cards” can also be used to highlight any “Go” foods, and foods that fall within Feeding America’s Foods to Encourage Framework.

Fruit

- Fresh with nothing added
- Canned in natural juices with no added sweeteners or syrups
- Frozen with no added sweeteners or syrups

Vegetables

- Fresh with nothing added
- Canned with no salt added
- Frozen with no added salt or sauces

Whole Grains

- 100% whole grains (plain) e.g., brown or wild rice, whole rolled oats, quinoa, teff
- Bread and pasta with “whole grain” or “whole wheat” listed as the first ingredient
- Plain popcorn with no added salt or flavors

Protein

- Eggs
- Dry beans, peas and lentils
- Canned beans, peas and lentils, low-sodium or no salt added
- Nuts and seeds, low-sodium or no salt added
- Canned Tuna, Salmon and Sardines
- Peanut Butter with no more than 230 mg sodium and 4 g sugar per 2 tablespoon serving
- Raw meat, poultry and seafood with no more than 480 mg sodium per serving

Dairy

- Milk and Yogurt, low fat or fat-free
- Non-dairy calcium-fortified milk substitutes (e.g., plain almond or soy milk) with no added sugars

* Contact the Food Gatherers Community Food Programs Team (cfp@foodgatherers.org) for an electronic-file of the Healthy Pick “Carrot Card” Printable Sheet

