

# Food Gatherers Shelf Talkers for Pantry Shelves

Use Shelf Talkers to highlight “healthy pick” foods that are fresh, in-season, and low in sodium and added sugar.



**Instructions:** Print and laminate the Healthy Pick Carrot Card Printable Sheet. Cut Carrots along dotted line. Fasten carrot shelf talkers to pantry shelves to highlight healthy foods. Use the guide below to help identify healthy picks.

## 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 rice, whole rolled oats, quinoa
- ★ Bread and pasta with “whole grain” or “whole wheat” listed as the first ingredient
- ★ Plain popcorn with no added salt or flavors

## Protein

- ★ Eggs
- ★ Beans, peas and lentils
- ★ Nuts and seeds, low-sodium or no salt added
- ★ Canned Tuna, Salmon and Sardines
- ★ Peanut Butter (all natural – no added sugar or oil)
- ★ Meat, chicken, fish that is minimally processed (unbreaded, unseasoned)
- ★ Tofu, seitan, tempeh

## Dairy

- ★ Milk and Yogurt (unsweetened)
- ★ Plant milk with no added sugars



# Healthy Pick Carrot Cards

