Food Gatherers Shelf Talkers for Pantry Shelves

Shelf Talkers to make it easy for shoppers to identify and learn about healthy foods.

Instructions: Print and laminate Pear Cards Printable Sheet. Cut Pears along the 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
- Fresh Fruits and Vegetables
  - Eat the rainbow!
  - A handful is one serving
  - Best snack ever
  - Go green!
  - Carrots give you night vision
  - Make peas not war
- 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
  - 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
  - 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
  - High in Fiber!
- 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
  - 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 (natural - no added sugar or oil)
  - High in Protein and Healthy Fats
  - Spread on Apples or Bananas
  - Spread on Crackers
  - Delicious
- Nuts (unsalted or low-sodium)
  - Snack on unsalted nuts
  - Mix nuts with dried fruit
  - Plant protein!
  - 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
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