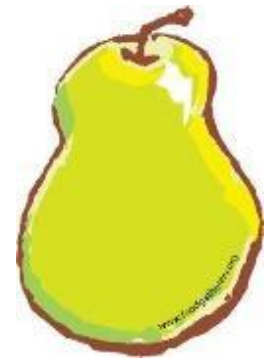


Food Gatherers Shelf Talkers for Pantry Shelves



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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