



WHAT GOES IN A PANTRY BAG

VEGETARIAN	VEGAN	KOSHER	HALAL	HEART HEALTHY DIABETES FRIENDLY

MEAT & FISH			No pork. No shellfish. No catfish. All meat must be certified Kosher.	No pork. No shellfish. No catfish. All meat must be certified Halal.	Limit salty, high-fat meats like bacon and hot dogs.
PLANT-PROTEIN <i>(e.g., beans, lentils, tofu, peanut butter)</i>					
EGGS					
DAIRY <i>(e.g., milk, butter, cheese, yogurt)</i>			All dairy must be certified Kosher. Pack all dairy separately from meat.		
FRUITS AND VEGETABLES					
GRAINS					Choose whole grains like brown rice and whole-wheat bread, when possible
CANNED SOUP AND READY-TO-EAT (RTE) MEALS	Cannot contain meat or fish.	Cannot contain meat, fish, eggs, milk, butter, cheese or other animal products.	Non-dairy vegetarian broth and soup ok. All others must be certified Kosher.	Vegetarian broth, soup and RTE meals ok. All others must be certified Halal.	Look for products with low or no added sodium (10% DRI or less, per serving)

LOOK FOR THESE CERTIFICATION SYMBOLS

This is general guidance. Clients may have specific food needs and preferences within these categories. Talk with them!

No meat or fish. No products that contain meat or fish.
Some vegetarians may avoid gelatin.

No animal protein or products. Plant-based foods only.
Gelatin is made from animal tissue and is not vegan.

Meat and dairy don't mix. Pack them separately.
Watch out for gelatin in cereals and other foods. Be sure it is labeled Kosher.

Some clients may be ok with meat that is certified Kosher. Ask them.
Watch out for gelatin in food; these products are not Halal.

Focus on foods that are high in fiber and low in sodium and added sugar.