

Smart Choice

Food Pantry Shelf Tags and Nutrition Tips Cards

Use the Smart Choice Food Pantry Shelf Tags and Nutrition Tips Cards to create an environment where the healthy choice is the easy choice. These mini signs nudge food pantry clients, volunteers, and staff to choose healthier foods.

How to Use the Shelf Tags

These MyPlate-inspired shelf tags are a set of small, laminated cards that can be used to identify nutritious food choices directly on the shelves, racks, or displays. Suggested pantry foods* to highlight with the shelf tags include:



FRUITS AND VEGETABLES

- Fresh fruit and vegetables
- 100% fruit or vegetable juice
- Canned, dried, or frozen fruits and vegetables
 - Low sodium
 - Canned fruits in light syrup or 100% juice

GRAINS

- 100% whole grains (rolled oats, quick oats, barley, brown rice, wild rice, etc.)
- Breads and pastas with a whole grain listed as the first ingredient
- Cereals and crackers with "whole grain" listed as the first ingredient

PROTEIN

- Nuts and seeds
- Beans and lentils
- Eggs
- Fresh, canned, and frozen meat, poultry, and seafood that are low in sodium and saturated fat
- Peanut or nut butters

DAIRY

- Plain low-fat (1%) or skim (non-fat) milk or yogurt
- Flavored skim (non-fat) milk or yogurt
- Unsweetened milk substitutes (such as almondmilk or soymilk)
- Low-fat cheese

*Based on Feeding America's Foods to Encourage Guidelines

Place a **Smart Choice Shelf Tag** next to the healthy food you want to highlight. You can adhere the tag in a number of different ways, depending on the style of your shelving. Here are a few suggestions:

WIRE RACK

- Punch holes in the upper corners of the card and attach to the rack with O rings.
- Use black binder clips to clip the card to the wire racking.

SOLID SHELVES

- Adhere a small piece of Velcro to the back of the shelf tag and attach to the front face of the shelf.
- Loop a piece of masking tape on to the backside of the shelf tag and attach to the front face of the shelf.

How to Use the Nutrition Tip Cards

The **Smart Choice Nutrition Tip Cards** contain suggestions for using common food pantry foods in healthful ways.

Here are a few ideas on how to utilize the cards in your food pantry:

- The nutrition tip cards can be displayed directly on shelves or racks next to key recipe ingredients to give food pantry clients meal ideas and recipe inspiration. For example, if you have pancake or waffle mix available, place the tip card that suggests topping with fruit instead of syrup next to the boxed mixes.
- Place a nutrition tip card on a table with several corresponding pantry ingredients to give a quick meal idea. For example, if you have jarred spaghetti sauce and whole grain pasta available, place the nutrition tip card that suggests adding chopped tomatoes, mushrooms, onions, or spinach to the pasta sauce to boost the nutrients next to these items.
- Use the nutrition tip cards as inspiration for recipe demonstrations. For example, offer a variety of whole grain cereals, dried fruits, or unsalted nuts for a "make your own trail mix" activity.
- Place a few nutrition tip cards in frames and display at a client intake station or client waiting area to read while they wait.

