

Welcome!

These symbols will help you find some of the healthier options available at your local food pantry.

As you shop today, watch for our healthy choice symbol:



Items that are marked with this symbol are low in sodium, sugar, trans/saturated fat and/or high in fiber/vitamins/minerals.

DIABETES/BLOOD SUGAR

If you (or someone you care for) have concerns with blood sugar, look for:



HEART HEALTH/BLOOD PRESSURE

If you (or someone you care for) have concerns with heart health/blood pressure, look for:



www.feedingpa.org/hpi



PA Healthy Pantry Initiative
A project of Feeding PA in partnership
with the PA Department of Health



pennsylvania
DEPARTMENT OF HEALTH

For more nutrition information,
ask your food pantry staff what other
resources are available today!