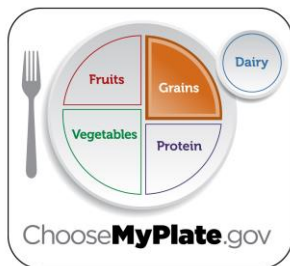


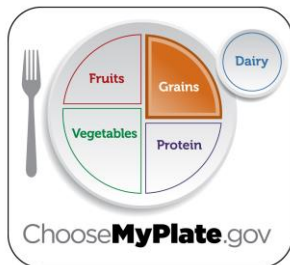
## Nudges: Signage with Shelf Tags

Placing materials, such as shelf tags, that highlights specific attributes of a particular item at strategic locations can work to increase an items salience or prominence. Print and cut these labels and place them with correlating food items in your food bank or agency to encourage healthy eating, by making the healthy choice the easy choice.



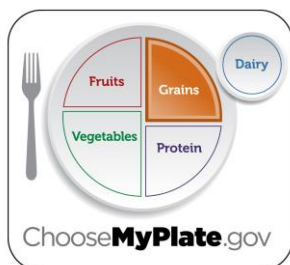
### Grains

Add sweetness to your whole-grain cereals with fruit. Top cereal with sliced bananas, canned peaches, raisins, or frozen fruit!



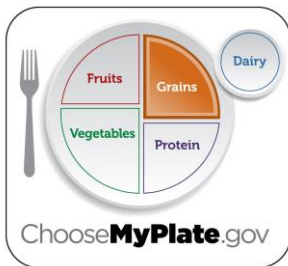
### Grains

Mix whole-grain cereal with unsalted nuts and dried fruit for a great afternoon snack.



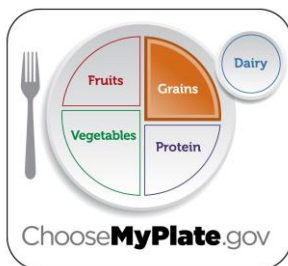
### Grains

Whole grains are good for your health! Make at least half of your grains whole to get the benefits.



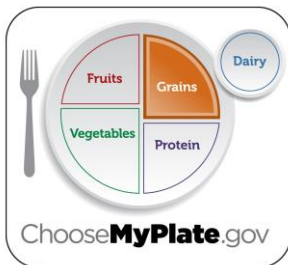
## Grains

Make mini pizzas with open face whole-wheat English muffins. Top with sauce, veggies, and low-fat cheese for a tasty treat!



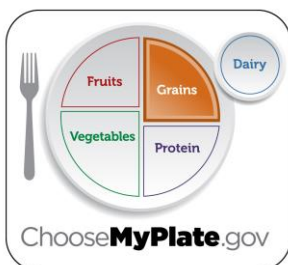
## Grains

Some whole grains are a good source of fiber. Look for breads that have at least 3 grams of fiber per serving on the label.



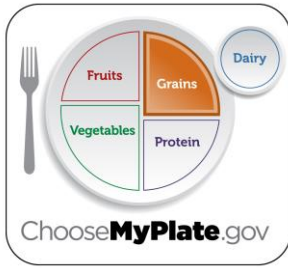
## Grains

Try rolled oats or crushed, unsweetened whole-grain cereal as breading for baked chicken, fish, or eggplant parmesan.

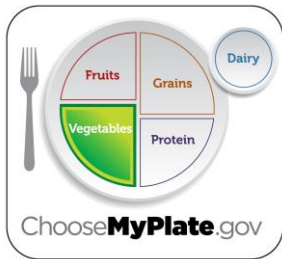


## Grains

Get your whole grains by adding brown rice to soup for a hearty meal.

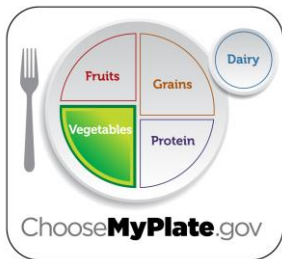


## Grains



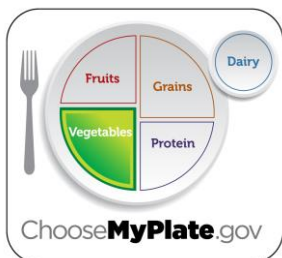
## Vegetables

Grill vegetables kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions.



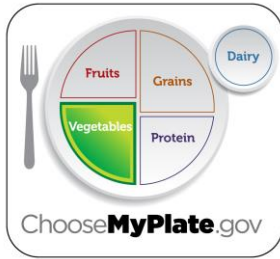
## Vegetables

Don't know what to do with leftovers? Puree roasted vegetables with chicken stock to make a hearty and flavorful soup.



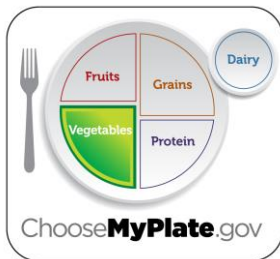
## Vegetables

Looking for a new way to eat Brussels sprouts? They can be boiled, sautéed, or oven roasted to go with any meal.



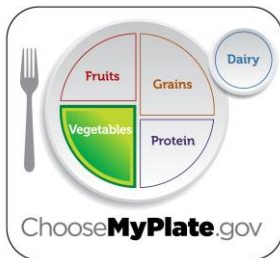
## Vegetables

Make vegetables part of your lunch every day by eating veggie wraps, pizzas, or sandwiches.



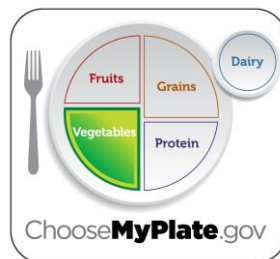
## Vegetables

Try crunchy vegetables, raw or lightly steamed. They make a great snack or side dish!



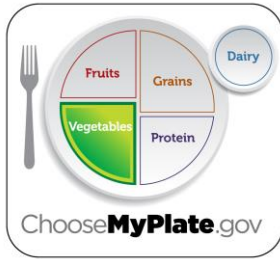
## Vegetables

Make mini pizzas using a portabella mushroom for the crust. Top with sauce, veggies, low-fat mozzarella cheese, and broil.



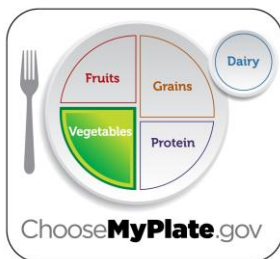
## Vegetables

Use dark leafy greens, like romaine lettuce and spinach, to make salads. Add red and orange veggies for extra color and nutrition!



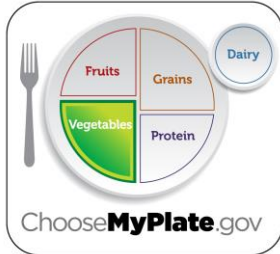
## Vegetables

Add pureed vegetables, like carrots, sweet potatoes, and beans to soup for a thicker, heartier texture.



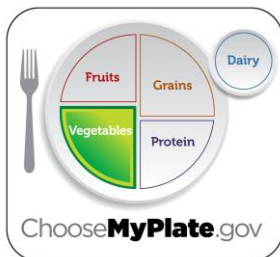
## Vegetables

Cook it once, eat it twice!  
Make extra veggies and save some for later. Use them for a stew, soup, or pasta dish.



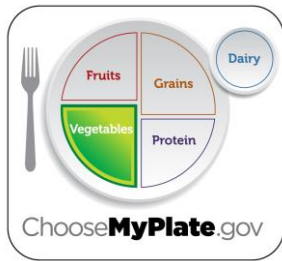
## Vegetables

Shred carrots or zucchini into meatloaf, casseroles quick breads, and muffins.



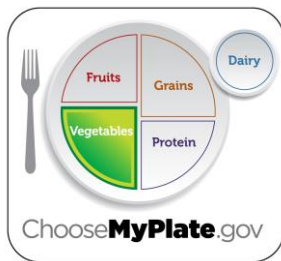
## Vegetables

Add extra chopped vegetables (tomatoes, mushrooms, onions, or spinach) to store-bought pasta sauce. Simmer until veggies are tender.



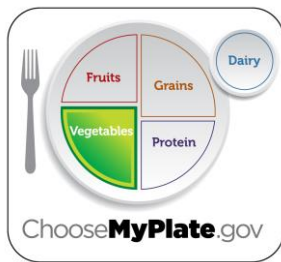
## Vegetables

Make roasted tomatoes. Cut tomatoes into wedges, drizzle with olive oil, season with garlic and herbs. Roast and serve as a side dish.



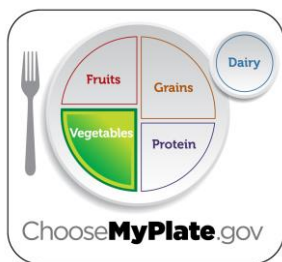
## Vegetables

Enjoy preparing foods in different ways. You can steam, grill, stir-fry, roast, or stew your vegetables for a change in texture and flavor.

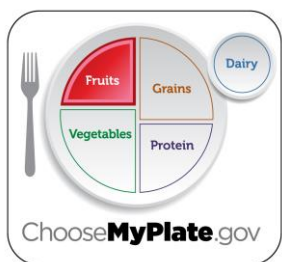


## Vegetables

Make a yummy homemade veggie lasagna. Layer pasta, cooked veggies, tomato sauce, and sprinkle with low-fat cheese. Bake until ready!

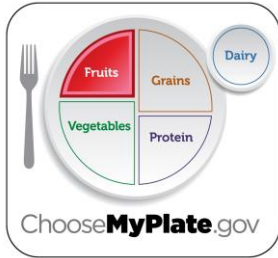


## Vegetables



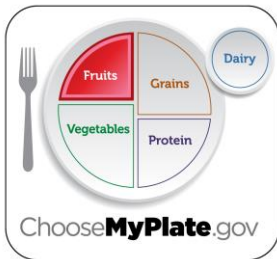
## Fruits

For dessert, have a baked apple or pear.



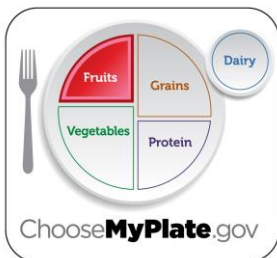
## Fruits

Need a snack?  
Spread peanut butter on  
apple slices or top frozen  
yogurt with berries or  
slices of kiwi fruit.



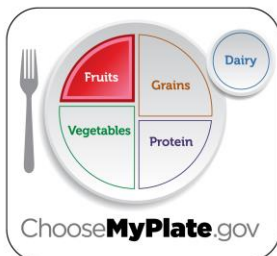
## Fruits

Keep frozen blueberries on hand.  
They make a great topping at  
breakfast for oatmeal, yogurt,  
or mixed into pancakes!



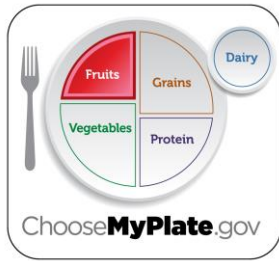
## Fruits

Include fruit at dinner!  
Add crushed pineapple to  
coleslaw or include orange  
sections or grapes in a salad.



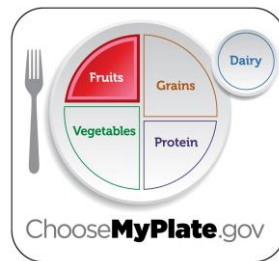
## Fruits

Add fruit like pineapple or  
fresh chunks of peaches to  
vegetable and meat kabobs.



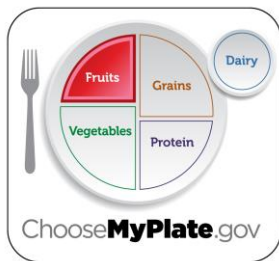
## Fruits

Add fruit like sliced apples, pears, or a few berries to your salad bowl.



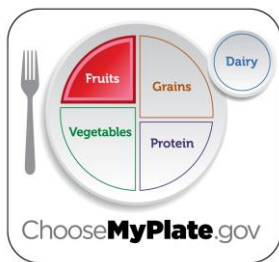
## Fruits

Need a dip for your fruit? Mix plain yogurt with a dash of vanilla, or add your favorite spices, like cinnamon, for a new flavor.



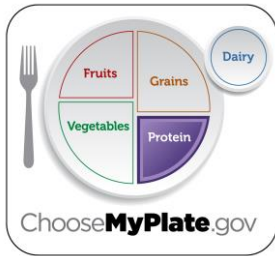
## Fruits

Add halved grapes to your chicken salad. Serve on a bed of greens or in a pita sandwich.



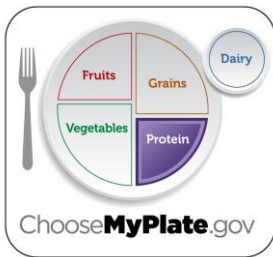
## Fruits





### Protein Foods

For an easy supper slow cook skinned chicken pieces, veggies, and seasonings in low-sodium chicken broth.



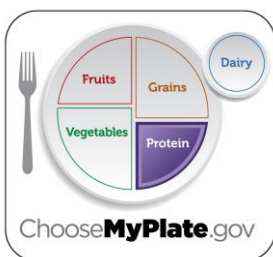
### Protein Foods

Roasted pork tenderloin goes well with fruit. Serve with a fruit salad or a fruit salsa.



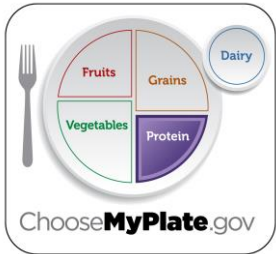
### Protein Foods

Chicken and white bean chili is a tasty way to combine protein foods with a great flavor and bounty of nutrients.



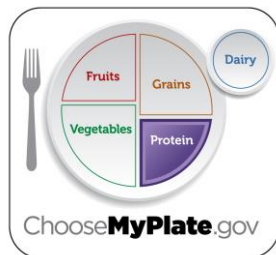
### Protein Foods

Eat seafood in place of meat or poultry twice a week. Include some seafood high in omega-3s like salmon, trout, or herring.



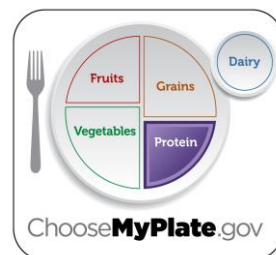
## Protein Foods

Baking or grilling seafood high in omega-3s, like salmon, trout, and herring, makes a quick and easy dinner.



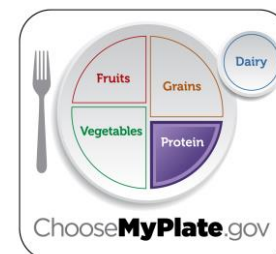
## Protein Foods

Add protein to your salads. Try different ingredients like eggs, tuna, grilled shrimp, chickpeas, or black beans.



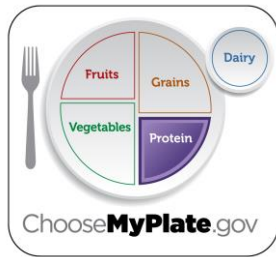
## Protein Foods

For a quick supper, simmer boneless skinless chicken breasts in tomato sauce with veggies and Italian seasonings. Serve over pasta.



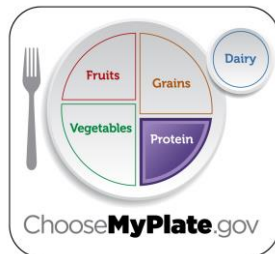
## Protein Foods

Add a vegetarian protein food to make a salad into a main dish - try garbanzo beans, kidney beans, soybeans, or sunflower seeds.



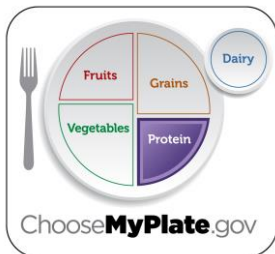
### Protein Foods

Broil or bake chicken breasts marinated in lemon juice, oregano, garlic, and oil for Mediterranean style flavor.



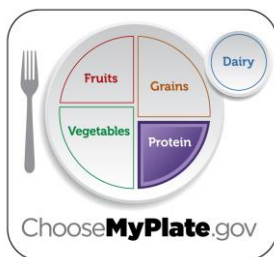
### Protein Foods

Build a meal around beans or peas. Bean burritos are a quick and easy dinner entrée.



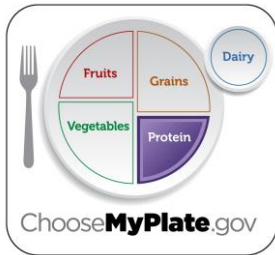
### Protein Foods

Peanut butter adds protein to a snack. Try it on apple slices, celery, whole grain crackers, or a small square of dark chocolate.



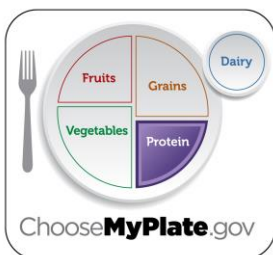
### Protein Foods

Much of the fat in chicken and turkey is in or under the skin. Remove skin and fat for a leaner, healthier meal.



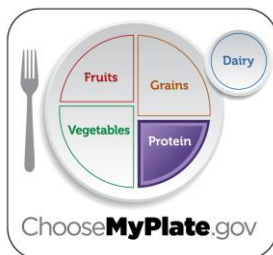
## Protein Foods

Serve “beans and greens” - add cooked cannellini beans to cooked, drained kale. Season with pepper, lemon juice, and oil.

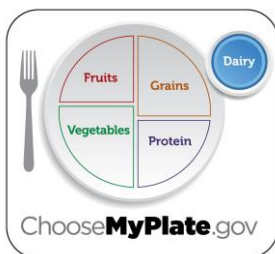


## Protein Foods

A chicken salad with chicken breast chunks, romaine lettuce, veggies, and vinaigrette makes a great lunch or dinner.

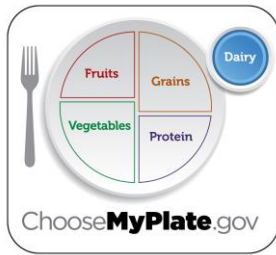


## Protein Foods



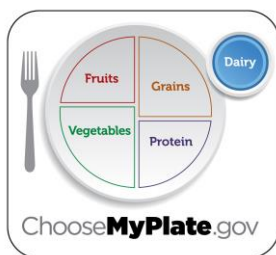
## Dairy

To get calcium at lunch, use low-fat cheese on your sandwich.



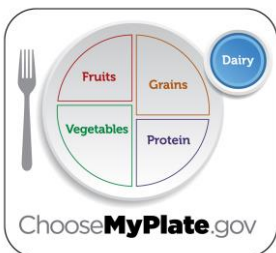
## Dairy

Whole milk and regular cheese are higher in saturated fat. Low-fat or fat-free versions have the calcium without the fat.



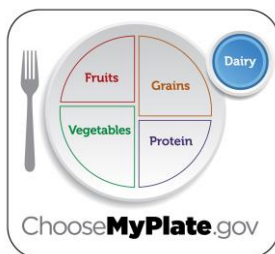
## Dairy

Make a switch to fat-free milk. If you currently drink whole milk, first switch to 2%, then 1%, and then fat-free (skim).



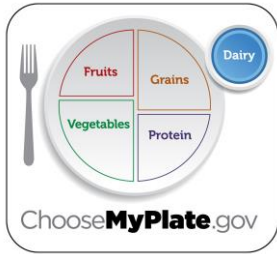
## Dairy

Combine plain yogurt with your favorite low-fat salad dressing for a different veggie dip.



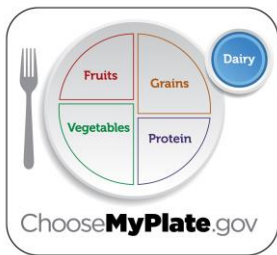
## Dairy

For dessert, try low-fat yogurt or pudding as a dip for fruits like strawberries or melon balls



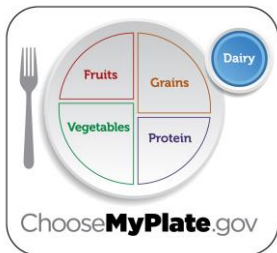
## Dairy

Cook your oatmeal or other hot cereal in fat-free or low-fat milk instead of water.



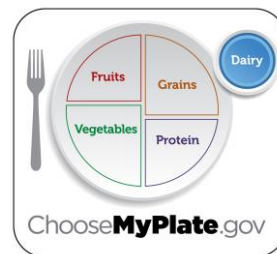
## Dairy

Greek yogurt makes a great substitute for sour cream - it's thick and rich tasting!



## Dairy

Look for lower fat cheeses like part-skim mozzarella, or reduced fat versions of Monterey Jack, Swiss, Colby, Cheddar, and Muenster.



## Dairy