

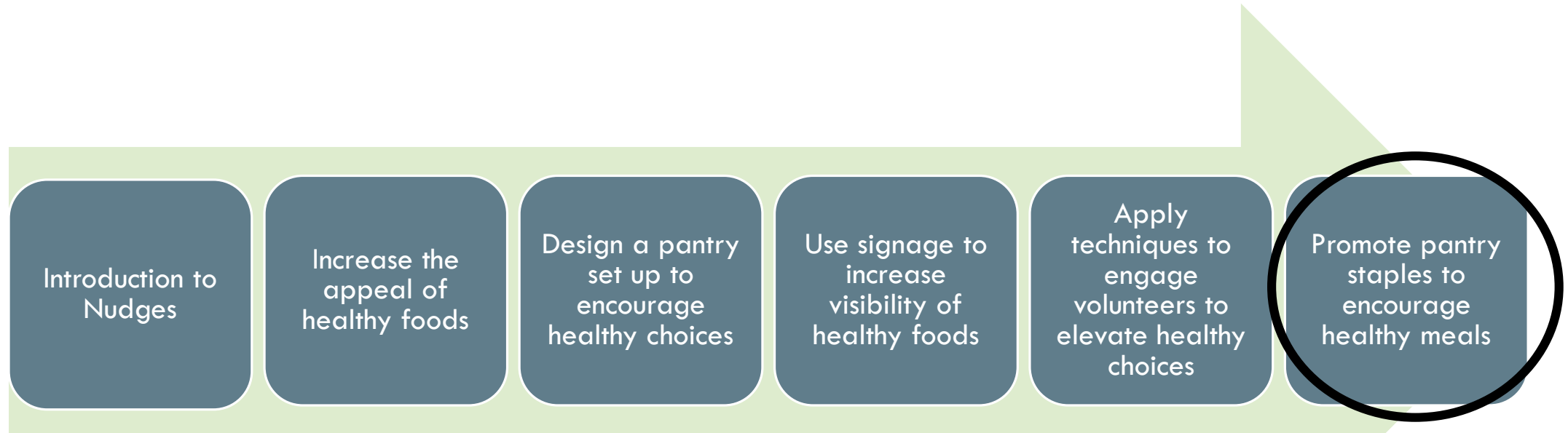
HEALTHY PANTRY NUDGE STRATEGIES *TRAINING SERIES*

Session 6: Promote Pantry Staples to Encourage Healthy Meals

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HEALTHY CHOICES MATTER



Healthy Pantry Nudge Strategies
Training Series



TODAY'S PLAN

Strategies

Resources

STRATEGY IDEAS

ENVIRONMENT IMPACTS BEHAVIOR!

Enhance
Taste
Expectations

Suggestive
Selling

Improve
Visibility

Increase
Convenience

2 STRATEGIES



Provide Recipes



Bundling Items

PROVIDE RECIPES



Recipe adapted from
Texas Cooperative
Extension, Texas
A&M University
System, Expanded
Nutrition Program



Marinated Three Bean Salad
(Flavorful and simple.)

Ingredients (Servings: 4)

1 can (8 oz.) lima beans	1 medium onion, thinly sliced (optional)
1 can (8 oz.) cut green beans	½ cup bell pepper, chopped (optional)
1 can (8 oz.) red kidney beans	8 ounces Italian salad dressing

Directions

1. Drain canned beans.
2. Peel and slice onion and separate into rings.
3. In a large bowl, combine the lima beans, green beans, kidney beans, sliced onion, and green bell pepper.
4. Pour the Italian dressing over the vegetables and toss lightly.
5. Cover the bowl and marinate in the refrigerator for at least one hour. The salad can be left in the refrigerator overnight.
6. Drain before serving.

Yum

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PROVIDING RECIPES

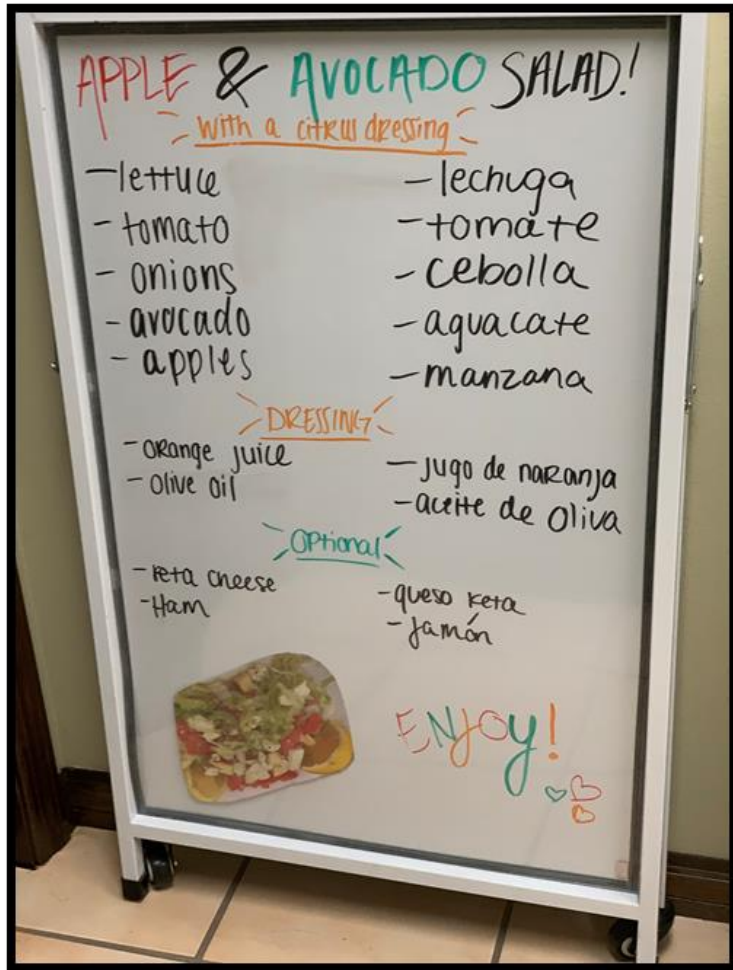


Photo courtesy of Yvonne Bosch, Church and Community Assistance Program

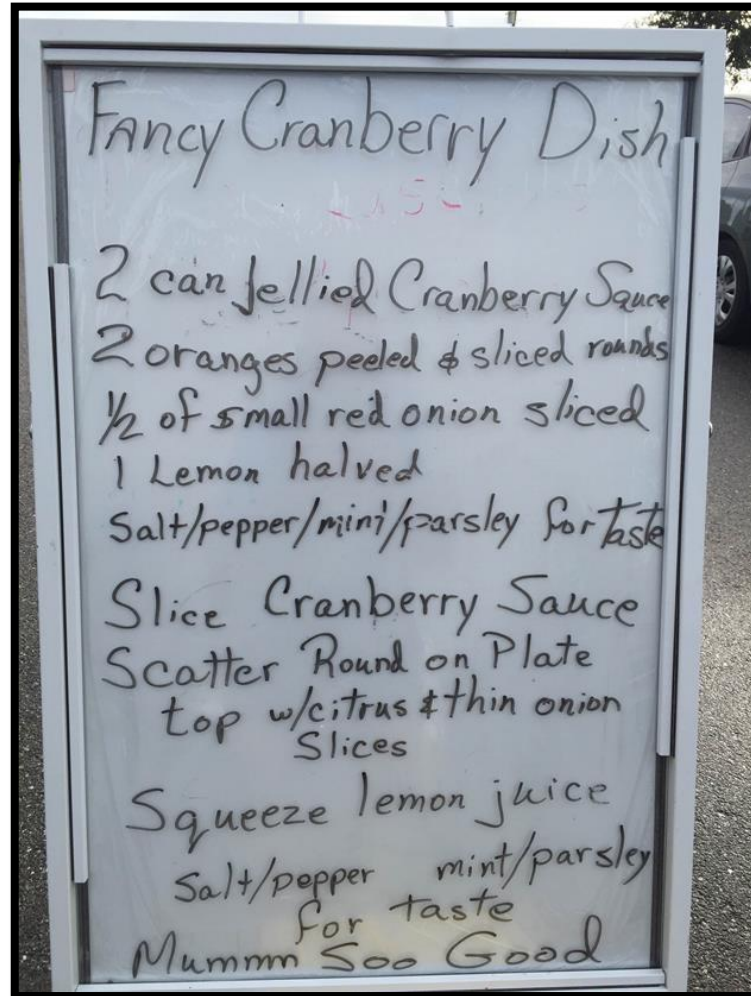
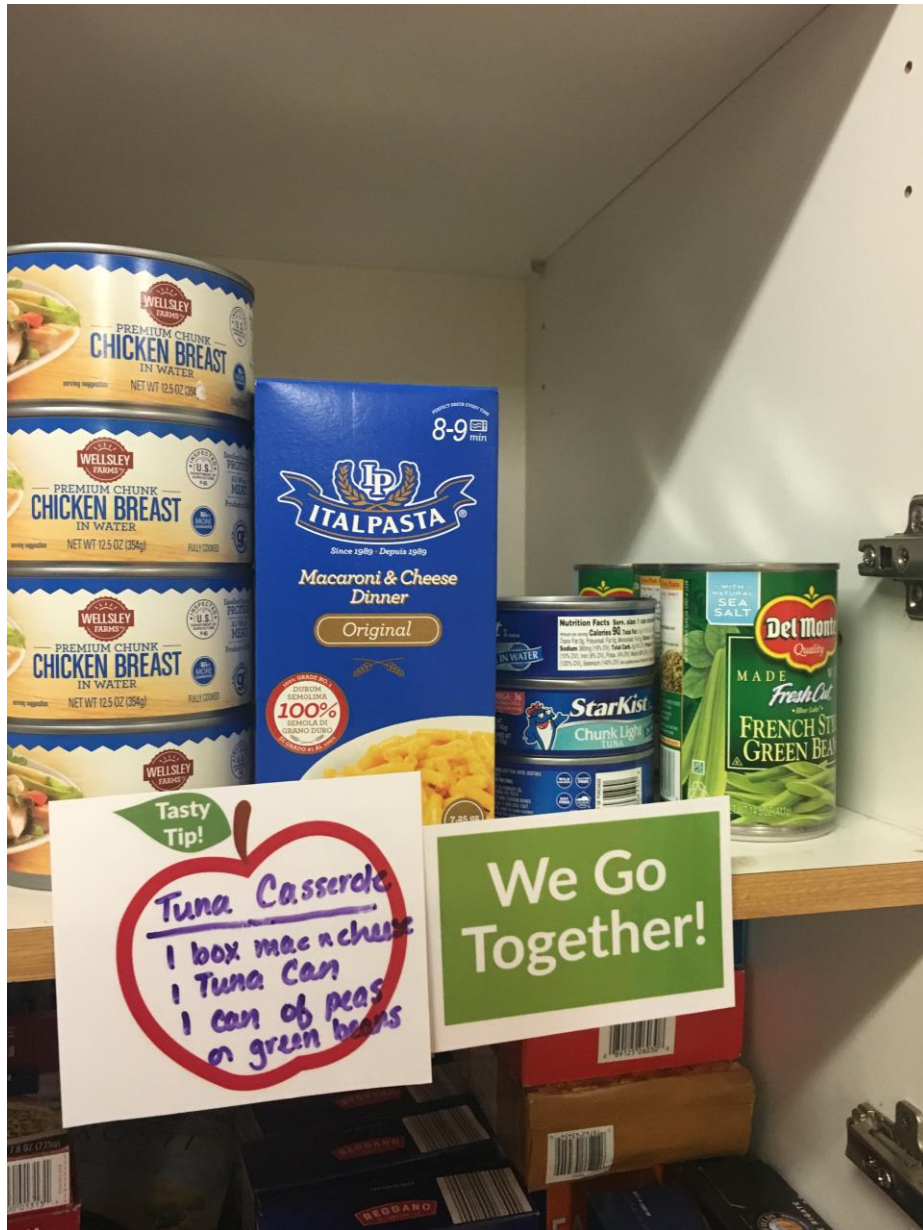


Photo courtesy of Bob Doktor, St. Rose of Lima food pantry



BUNDLING ITEMS

COMBINING STRATEGIES FOR IMPACT: PROVIDING RECIPES & BUNDLING



Photos courtesy of Marlene Schwartz

RESOURCES

ONIE PROJECT

Tuna Tetrazzini

(2)

Tuna Tetrazzini

★★★★★ (2)

[View Photos](#)

Time: 30 minutes

Servings: 6

Ingredients

- 3 cups whole-wheat rotini pasta
- 1 Tbsp olive oil
- 1 medium onion, diced
- 1 (8 oz) carton sliced fresh mushrooms
- 1 Tbsp cornstarch
- 3 cups cold 1% low-fat milk
- 1/4 cup whole-wheat flour
- 1/2 tsp pepper
- 1 cup frozen peas & carrots
- 2 (6 oz) cans tuna in water, drained
- 1 cup grated parmesan cheese, divided

Preparation

1. Prepare pasta according to package directions. Drain & set aside.
2. In a large skillet, heat oil over medium-high. Add onion & mushrooms. Cook 3-5 minutes or until onions are soft, stirring throughout.
3. In a small bowl, add cornstarch & cold milk. Whisk together.
4. Add cornstarch mix, flour & pepper to skillet. Bring to a boil, stirring constantly. Reduce heat to medium. Stir in peas & carrots. Cook 5 minutes.
5. Add tuna & 1/2 cup cheese. Mix well. Stir in pasta & heat until warm.
6. Top with remaining cheese & serve.

Tips

Choose 1% low-fat milk to decrease calorie and fat content in this dish!

Tuna Tetrazzini Recipe Video | ONIE Project



Nutrition Facts

6 servings per recipe

Serving size (357g)

Amount per serving
Calories 360

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 530mg	23%
Total Carbohydrate 41g	15%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 3mcg	15%
Calcium 298mg	25%
Iron 3mg	15%
Potassium 628mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



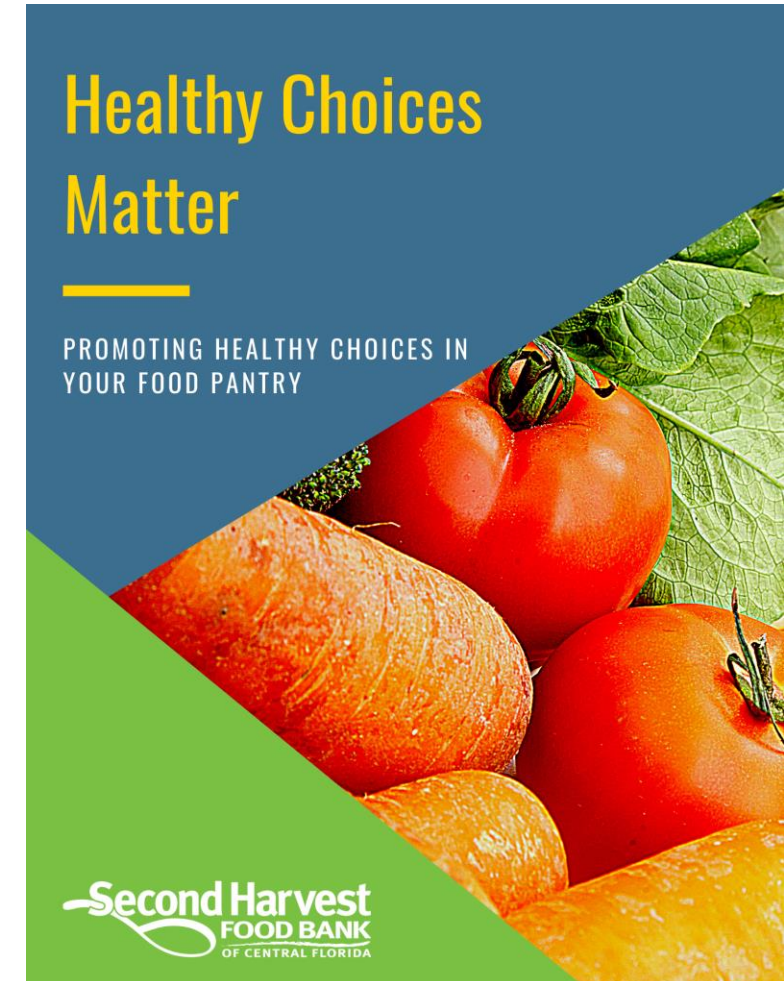
**HEALTHY
CHOICES**

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RESOURCES AVAILABLE TO YOU TODAY

1. Partner Agency website Healthy Choices Matter:
Promoting Healthy Food Nudge resources
2. Second Harvest Fresh Harvest Cookbook
3. 4. One-on-One or Group Assistance from Second
Harvest & our Partners
 - Sign up for an appointment today



THANK YOU!



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