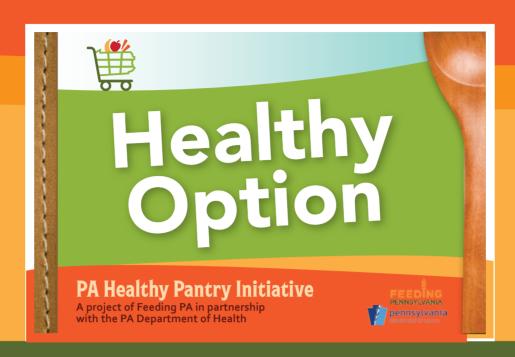
Welcome!

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:

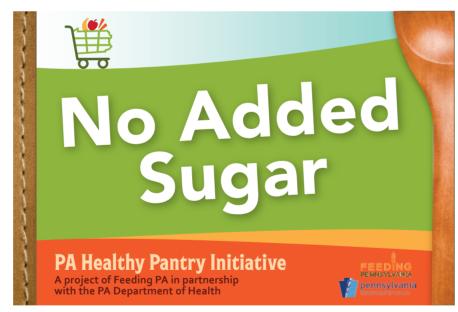


Items that are marked with this symbol are low in sodium, sugar, trans/saturated fat and/or high in fiber/vitamins/minerals.

DIABETES/BLOOD SUGAR

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



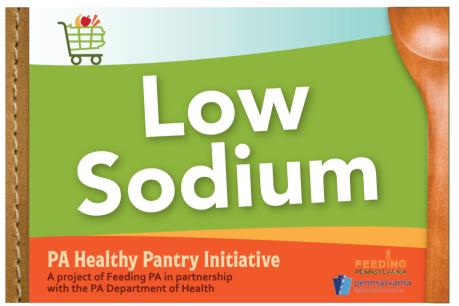




HEART HEALTH/BLOOD PRESSURE

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







www.feedingpa.org/hpi





