

# 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](http://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!