



Health Living Food List for Pantry

Help us stock our food pantry!

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VEGETABLES Frozen or Canned low sodium, no added salt		
□ Spinach □ Broccoli □ Tomatoes □ Carrots □ Corn	☐ Peas/beans (can be dry): chickpeas, black beans, navy beans, blackeyes, lentils, green peas/beans, limas	
FRUIT *Frozen or canned (natural, no added sugar)		
□ Strawberries□ Blueberries,□ Raspberries	☐ Pineapple ☐ Mandarin oranges ☐ Applesauce	
JUICE *100% juice □ apple □ cranberry □ orange	☐ grapefruit ☐ pineapple	
GRAIN *Whole grain/wheat		
☐ Oats☐ Whole wheat pasta	☐ Whole wheat crackers	
PROTEIN ☐ Canned sardines ☐ Canned tuna ☐ Canned chicken ☐ Almonds ☐ Cashews	☐ Mixed nuts☐ Sunflower seeds☐ Almond butter☐ Peanut butter	

VEGETABLES

Frozen or Canned low sodium, no added salt

☐ Peas/beans (can be ■ Spinach ■ Broccoli dry): chickpeas, black beans, navy beans, □ Tomatoes blackeyes, lentils, □ Carrots ☐ Corn green peas/beans, limas **FRUIT** *Frozen or canned (natural, no added sugar) ☐ Pineapple ☐ Strawberries ■ Mandarin oranges ☐ Blueberries,

■ Applesauce

JUICE

*100% juice

■ Raspberries

□ apple □ grapefruit □ cranberry □ pineapple □ orange

- crange

GRAIN

*Whole grain/wheat

□ Oats□ Whole wheat□ whole wheat pasta

PROTEIN

□ Canned sardines
 □ Canned tuna
 □ Sunflower seeds
 □ Almond butter
 □ Cashews

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