



HEALTHY PANTRY CERTIFICATION

As partners in hunger-relief, we know how important it is to make healthy foods available to our Oklahoma neighbors facing food insecurity.

Offered to partners of the Regional Food Bank of Oklahoma, the Healthy Pantry Certification Program is designed to help client choice food pantries establish their own nutrition policy, increase distribution of nutritional foods, and enhance the food pantry environment to encourage healthy food choices.

Program Objectives:

- Learn best practices regarding nutrition interventions in pantry settings and choose objectives for your own nutrition policy
- Implement small, environmental changes
- Increase capacity to distribute fruits and vegetables as well as foods to encourage (protein, dairy, whole grains)
- Incorporate nutrition materials and signage in pantries to promote healthy eating among pantry clients (pictured)
- Offer options to clients that have diet restrictions/variations due to chronic disease
- Receive grant-funded equipment to help display healthy foods in shopping area



Questions? Contact Sydney Halsted, Nutrition Education Coordinator, at shalsted@rfbo.org

<p>BERRIES</p> <p>REGIONAL FOOD BANK OF OKLAHOMA. ChooseMyPlate.gov</p> <p>DID YOU KNOW?</p> <p>1 cup of most berries contains more Vitamin C than an orange</p> <p>Try adding them to yogurt for breakfast or eating them plain as a snack</p> <p>Make sure to freeze any leftover berries to prevent spoilage</p> <p>FUEL UP ON FRUIT!</p>	<p>MUSHROOMS</p> <p>REGIONAL FOOD BANK OF OKLAHOMA. ChooseMyPlate.gov</p> <p>DID YOU KNOW?</p> <p>Mushrooms are a great source of antioxidants</p> <p>Antioxidants can protect your body from cell damage</p> <p>Try adding some sliced mushrooms to soup, scrambled eggs, or stir fry</p> <p>VARY YOUR VEGGIES!</p>	<p>LENTILS</p> <p>REGIONAL FOOD BANK OF OKLAHOMA. ChooseMyPlate.gov</p> <p>DID YOU KNOW?</p> <p>Lentils are easy to prepare and contain over half of your daily fiber needs. Just rinse them with water and boil.</p> <p>For every cup of lentils, use 2.5 cups of water. For most types of lentils, simmer for 20-40 minutes until tender.</p> <p>PROTEIN PACKS A PUNCH!</p>
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