

# Food Pantry Look Book

Photos **from pantries for pantries** to inspire sustainability and client-centered spaces



Blue Ridge Area  
**FOOD BANK**

A member of  
**FEEDING  
AMERICA**



# **Client Choice Shelving Solutions**









Meat

U.S.D.A. food

Pasta without meat

Pasta with meat

Jelly and Jam

Peanut Butter

Plain Pasta

Mueller's











PEOPLE  
FEEDER

Leave What you  
can + Take  
What you need.

FOOD  
PANTRY





# **Eye-Catching Signage & Welcoming Spaces**





COMMUNITY  
MISSION  
PARK VIEW

**Food for Families**





**FOOD FOR  
FAMILIES**



**PARK VIEW  
CAFÉ**

*Help. Healing. Hope.*

**ENTER HERE**





**NEIGHBORS  
HELPING  
NEIGHBORS**

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*Mission Statement*

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**NOURISH**

*Provide Nutrition To The Hungry of Amherst County.*

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**EDUCATE & ADVOCATE**

*Educate the Citizens of Amherst County on the needs of the Hungry and serve as an advocate in meeting those needs.*

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**UPLIFT**

*Direct Individuals to Assist in Self-Sufficiency and Improve Their Quality of Life.*

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**UNDERSTAND**

*Not Only Feed the Less Fortunate but Help Them Out of Poverty.*





**MEALS**  
Try to include at least three food groups.

**FRUIT**  
Fill half of your plate with fruits and vegetables.





— WE HAVE LOTS OF —

# FRESH PRODUCE

APPLES



TURNIPS

ORANGES

CARROTS



ONIONS

CABBAGE

BEETS







Parkview  
Community

CAFE

— Welcome —

HOST.. LANE MEMORIAL UMC

TURKEY POT PIE

GREEN BEANS

BAKED APPLES

ROLLS

ASSORTED DESSERTS

BLESSINGS!!







**Foodbank**  
of Southeastern Virginia  
and the Eastern Shore



**TIDEWATER  
COMMUNITY COLLEGE**  
From here, go anywhere.™







# Appealing Produce Displays









**BEFORE**



**AFTER**











# Mushrooms



**Selection** - Choose firm, dry mushrooms with no spots or cuts.

**Storage** - Store in refrigerator in container or paper bag (stays fresh for up to one week).

**Nutrition** - Potassium, a mineral your body needs, in mushrooms supports heart health.

## 3 EASY WAYS TO USE MUSHROOMS

- To sauté, slice the mushrooms and onions. Add sliced onions and mushrooms to a pan with oil and cook over medium heat for about 7-9 minutes.
- To make a mushroom and cabbage stir fry, slice mushrooms and cabbage. Heat oil in pan and add garlic and red pepper flakes. Cook for about 30 seconds. Add mushroom and cabbage to pan. Cook for about 4 minutes, until soft. Add low sodium soy sauce and pepper to taste.
- Add sautéed mushrooms to pasta or along with grilled meats.

Nature's Promise  
Organic  
Baby Bella Mushrooms  
1.5 lbs (12 oz) (220g)  
4819 406250 18  
GARDEN STAFFERS  
gardeningstaffers.com

FEEDING Pennsylvania 100 Quality Promise Initiative





Produce table before



Produce table after





# Creative Meal Displays

TAKE AND  
MAKE









### 7 SALTY MYTHS

**BIASED**

1. Sugar is bad for you. Sugar is a natural part of many fruits and vegetables. It's only bad when it's added to processed foods.
2. Fat is bad for you. Not all fats are bad. Some fats, like those found in avocados and nuts, are actually good for you.
3. Low-fat is always better. Low-fat products often have added sugars and other unhealthy ingredients to make up for the lost flavor.
4. Trans fats are healthy. Trans fats are the most harmful type of fat, found in many processed foods.
5. Salt is bad for you. While too much salt is bad, some salt is necessary for your body to function properly.
6. Carbs are bad for you. Carbohydrates are the body's primary source of energy. Not all carbs are bad.
7. Diet is the best way to lose weight. A balanced diet and regular exercise are the best ways to lose weight.

### MyPlate MyWins Choose MyPlate

Use MyPlate to help you make better food choices for a healthier lifestyle. MyPlate is a simple way to remember the types and amounts of food you should eat every day.

1. Eat a variety of fruits and vegetables.
2. Choose whole grains over refined grains.
3. Drink water instead of sugary drinks.
4. Get enough protein.
5. Limit sodium.
6. Limit added sugars.
7. Limit saturated fats.
8. Limit alcohol.

### ONE

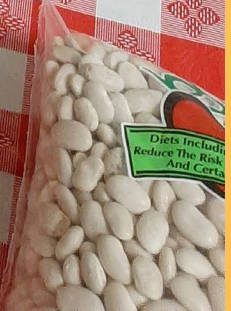
#### Tip for Achieving a Desirable Blood Pressure Level

There are many ways to help you achieve a desirable blood pressure level. One of the most important is to eat a healthy diet. The DASH diet is a healthy eating plan that has been shown to help lower blood pressure. It is based on a diet of fruits, vegetables, whole grains, and low-fat dairy products. It also limits sodium, saturated fats, and added sugars.

**Healthy Diet**

- Eat a variety of fruits and vegetables.
- Choose whole grains over refined grains.
- Drink water instead of sugary drinks.
- Get enough protein.
- Limit sodium.
- Limit added sugars.
- Limit saturated fats.
- Limit alcohol.





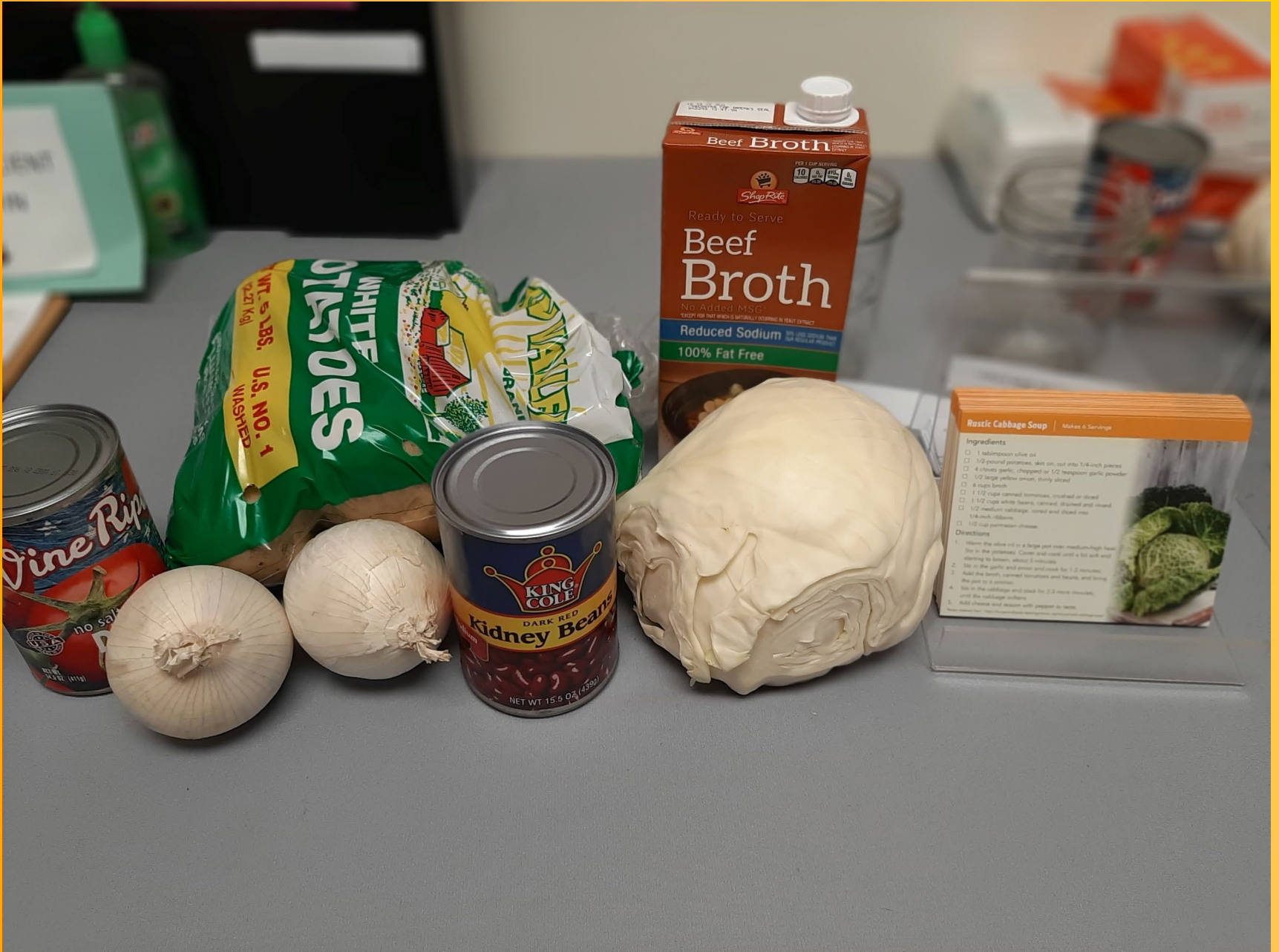
**Vegetable Chili** | Makes 5 Servings

**Ingredients**

- 2 tablespoons vegetable oil
- 2 yellow onions, chopped
- 2 zucchinis, cubed
- 2 sweet potatoes, cubed
- 2 cloves garlic, peeled and minced
- 2 tablespoons ground cumin
- 2 tablespoons chili powder
- 2 tablespoons dried tomatoes
- 2 1/2 cups (1 1/2 cans) low-sodium dark red kidney beans, drained and rinsed
- 2 1/4 cups (1 1/2 cans) low-sodium diced tomatoes
- 2 cups frozen corn

**Directions**

1. Put the oil over medium heat and when it is hot, add the onions. Add the onions, zucchinis, sweet potatoes, garlic and dried and fresh, stirring from time to time, about 20 minutes.
2. Add the kidney beans and tomatoes. Stir and cook, covered, until the vegetables are tender, about 30 minutes.
3. Add the corn and cook until warmed through.



Nine Rivers  
no salt  
111g

WT. 5 LBS. U.S. NO. 1  
WASHED  
WHITE POTATOES

KING COLE  
DARK RED  
Kidney Beans  
NET WT 15.5 Oz (438g)

Beef Broth  
ShopRite  
Ready to Serve  
Beef Broth  
No Added MSG  
Reduced Sodium  
100% Fat Free

Rustic Cabbage Soup | Makes 6 Servings

Ingredients

- 1 tablespoon olive oil
- 1/2 pound potatoes, skin on, cut into 1/4-inch pieces
- 4 cloves garlic, chopped or 1/2 teaspoon garlic powder
- 1/2 large yellow onion, finely diced
- 8 cups broth
- 1 1/2 cups canned tomatoes, crushed or diced
- 1 1/2 cups white beans, canned, drained and rinsed
- 1/2 medium cabbage, rinsed and sliced into 1/4-inch ribbons
- 1/2 cup parmesan cheese

Directions

1. Heat the olive oil in a large pot over medium-high heat in the potpan. Cook and cook until a bit soft and starting to brown, about 5 minutes.
2. Add the garlic and onion and cook for 1-2 minutes.
3. Add the broth, canned tomatoes and beans, and bring the pot to a simmer.
4. Add the cabbage and cook for 3-5 more minutes, until the cabbage softens.
5. Add cheese and season with pepper to taste.

Photo credit: iStockphoto.com/Andreas Gahr

Rustic Cabbage Soup  
Please take  
2 beef broths,  
1 can diced tomatoes  
1 can kidney beans  
1 bag onions  
1 bag potatoes

recipe  
card on  
front  
table



Healthy Option



This food contains important vitamins and minerals.

Fiber keeps you full longer and is good for your heart.



Start with a small amount to help with portion control!



# Nutrition Ideas



### AMA

## What is prediabetes?

Prediabetes is a condition in which blood glucose levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes.

**1-3** adults in the U.S. have prediabetes.

**Why does prediabetes matter to me?**  
If you have prediabetes, you are at a higher risk of developing type 2 diabetes, heart disease, and stroke.

**1** Eat less, though.  
Cutting back on calories can help you lose weight and lower your blood sugar levels.

**How do I find out if I have prediabetes?**  
Talk to your doctor about getting a blood sugar test.

**Get tested for prediabetes—talk with your doctor today.**

**Check your blood!**  
Your doctor will check your blood sugar levels. If you have prediabetes, you may need to make changes to your diet and lifestyle to keep your blood sugar levels under control.

## PREDIABETES

COULD IT BE YOU?

**84.1** MILLION  
American adults  
more than  
1 out of 3  
have  
prediabetes.

**9-10** million with prediabetes  
don't know they have it.

**HA LF**  
of people with prediabetes  
don't know they have it.

**1** Eat less, though.  
Cutting back on calories can help you lose weight and lower your blood sugar levels.

**2** Move more.  
Regular physical activity can help you lose weight and lower your blood sugar levels.

**3** Get tested.  
Talk to your doctor about getting a blood sugar test.



### Eat Right

Eating Right for a Healthy Weight

1. Eat a variety of fruits and vegetables.

2. Choose whole grains over refined grains.

3. Limit saturated fat, sodium, and added sugars.

4. Drink water instead of sugary drinks.

5. Get regular physical activity.

6. Maintain a healthy weight.

7. Limit alcohol consumption.

8. Don't smoke.

9. Get enough sleep.

10. Manage stress.

### MyWine

Choose MyPlate

1. Choose MyPlate.

2. Get regular physical activity.

3. Limit alcohol consumption.

4. Don't smoke.

5. Get enough sleep.

6. Manage stress.

### Healthy habits to help keep your risk low

1. Eat a variety of fruits and vegetables.

2. Choose whole grains over refined grains.

3. Limit saturated fat, sodium, and added sugars.

4. Drink water instead of sugary drinks.

5. Get regular physical activity.

6. Maintain a healthy weight.

7. Limit alcohol consumption.

8. Don't smoke.

9. Get enough sleep.

10. Manage stress.

### Prediabetes Risk Test

1. Age 45 and older.

2. Family history of diabetes.

3. Being overweight or obese.

4. Physical inactivity.

5. High blood pressure.

6. High cholesterol.

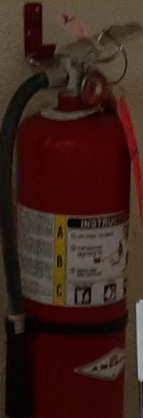
7. History of gestational diabetes.

8. History of prediabetes.

9. History of heart disease.

10. History of stroke.





### What is prediabetes?

Prediabetes is a condition in which blood glucose levels are higher than normal but not high enough to be diagnosed as type 2 diabetes.

**1-3** years out of 10

Why does prediabetes matter to you?  
**1** Food isn't enough.  
**2** Hard to find out if I have prediabetes?  
**3** Get help for prediabetes—talk with your doctor today.

Oh, not that! Prediabetes is a warning sign of type 2 diabetes. If you have prediabetes, you are at a higher risk of developing type 2 diabetes.

### PREDIABETES

**84.1** MILLION  
84.1 million Americans, adults over age 18, have prediabetes.

**9** out of **10** people with prediabetes don't know they have it.

100% of people with prediabetes who get help from CDC's National Diabetes Prevention Program can reduce their risk of developing type 2 diabetes.

**HA.LF**

### Healthy habits to help keep your weight in a healthy range

- Eat at least 180 minutes of physical activity a week.
- Keep your weight in a healthy range.
- Eat healthy foods, including lots of fruits and veggies.
- Drink more water and fewer sugary drinks.
- Don't smoke.

### MOVE MORE

What's your move?

Get more active - start counting your steps!

Move more, eat right (8-10 meals)

### myPlate Choose MyPlate

1. **Fill your plate mostly with fruits and vegetables.**

2. **Make half your plate fruits and vegetables.**

3. **Focus on whole fruits.**

4. **Vary your veggies.**

5. **Make half your grains whole grains.**

6. **Move to lower fat and sodium.**

7. **Vary your protein choices.**

8. **Drink and eat beverages and food with low sodium, saturated fat and added sugars.**

9. **Drink water instead of sugary drinks.**

10. **Everything you eat and drink matters.**

### Eat Right

Eating Right for a Healthy Weight

Reach and maintain a healthier weight contributes to your overall health and well-being. Losing even a few pounds or preventing further weight gain has health benefits.

Set **healthy, realistic goals.** You are more likely to succeed in reaching realistic goals when you make changes little by little.

Get a **personalized eating plan.** Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for a plan that will give you the amounts of each food group you need daily.

Eat at **least three meals a day and plan your meals ahead of time.** Whether you're eating at home, packing a lunch or making out an annual eating plan for the day, it will help you to stick to your eating plan.

**Balance your plate with a variety of foods.** Half your plate should be filled with fruits and vegetables, about one-fourth with low-fat protein to fish, and one-fourth with grains. To avoid you may want ask fat-free or low-fat milk, yogurt or cheese.

**Start your meal with low calorie foods like fruits, vegetables and beans.** These foods are packed with nutrients your body needs.

**Focus on your food.** Pick one place to sit down and eat at home. Eating while doing other things may lead to eating more than you think. Also, switching from a large plate to a smaller one can help you feel satisfied with reduced portions.

### Prediabetes Risk Test

Question	Yes	No
1. How old are you?	65+ years	65-64 years
2. Are you a woman?	Yes	No
3. Are you a child or a woman of childbearing age?	Yes	No
4. Are you a first-degree relative of someone with type 2 diabetes?	Yes	No
5. Do you have a history of gestational diabetes?	Yes	No
6. Are you obese (body mass index (BMI) of 30 or higher)?	Yes	No
7. What is your weight category?	Obese	Overweight

Total score: 0-7 points

If you scored 5 or higher: You are at increased risk for having prediabetes and you at high risk for developing type 2 diabetes. Consider your doctor and ask for a blood sugar test. Talk to your doctor to see if additional testing is needed.





Reading labels  
can help make  
healthy choices.

PA Healthy Pantry Initiative  
A Division of Penn State's College of Health and Human Development  
and the PA Department of Agriculture



Look at the label!

Start with serving  
size to help with  
portion control.

PA Healthy Pantry Initiative  
A Division of Penn State's College of Health and Human Development  
and the PA Department of Agriculture





5

5



Low Sodium  
PA Healthy Pantry Initiative



Diabetes Friendly  
PA Healthy Pantry Initiative



Good Source of Protein  
PA Healthy Pantry Initiative





**Low Sodium**

PA Healthy Pantry Initiative

HART BRAND  
LOW SODIUM  
CUT GREEN BEANS  
NET WT 14 OZ (411 g)



# Effective Tools and Equipment



















# Contributors



**Thank you** to all who shared photos and ideas to support the ongoing development of this look book

- Feeding America Network Organization photos via Kris Warren
- Bellingham Food Bank
- Feeding America “Nudges” Toolkit
- Foodbank of SE Virginia and the Eastern Shore and Tidewater Community College
- Blue Ridge Area Food Bank including many pantries and programs



**Thank you for viewing  
the look book!**

Clients and volunteers  
notice and appreciate  
even small changes in  
the pantry space.



Thank you for your  
commitment to serving  
your community!



Blue Ridge Area  
**FOOD BANK**

A member of  
**FEEDING  
AMERICA**