CREATE
HEALTHY CHOICES

Directions: This pick list tool is meant to help Create Better Health ambassadors and pantry directors determine interventions that will create healthy choices for pantry clients.

General Information

Name of Food Pantry: Date:

Name of Pantry Contact:

Objective 1: Increase Client Choice for Nutritious Options

Select preferred strategies:

❑ Hold healthy food drives that are MyPlate-focused.

❑ Policy changes on procuring healthy foods, food safety or increasing opportunities for clients to access food.

❑ Support pantry client choice (using shopping style, order forms, etc.).

Objective 2: Market & "Nudge" Healthful Products

Select preferred strategies:

❑ Use shelf talkers or stickers to identify healthy choices foods.

❑ Provide recipes and/or samples that highlight healthy food pantry items.

❑ Provide meal kits that highlight healthy food pantry items.

❑ Adjust product placement to make healthy choices visible and convenient.

Objective 3: Provide Various Forms of Fruits and/or Vegetables

Select preferred strategies:

❑ Share Create Concept recipes that are flexible with different forms of produce.

❑ Hold Healthy Food Drives focused on produce.

❑ Connect with community partners to improve capacity for frozen and refrigerated foods.

Objective 4: Provide Various Types of Fruits and/or Vegetables

Select preferred strategies:

❑ Promote Create Concepts recipes that are flexible with types of fruits/vegetables.

❑ Hold healthy food drives for fresh produce (e.g. Buy Produce for Your Neighbor).

❑ Support a pantry or community donation garden.

Objective 5: Promote Additional Resources

Select preferred strategies:

❑ Connect with other resource providers in the community.

❑ Provide Create Better Health classes to pantry clients.

Objective 6: Plan for Alternate Eating Patterns

Select preferred strategies:

❑ Provide Create Better Health classes to pantry volunteers and staff.

❑ Hold healthy food drives for culturally-relevant foods and/or a variety of protein options.

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