



POINT OF DECISION PROMPTS

Point-of-decision prompts, such as a sign or symbol next to a product, can be utilized to highlight healthy food choices and encourage food pantry guests to select these items. Many communities have begun to implement point-of-decision prompts in grocery stores and restaurants. *Contact your local Public Health Department to learn about existing initiatives and how they can be adapted to the pantry setting.*

Highlight the following food items with a symbol:

- Fruits and vegetables,
- Whole grains (items with the first ingredient listed as “whole” wheat, corn, etc.),
- Low-fat or non-fat dairy,
- Lean protein foods, such as lean beef and pork, chicken, turkey, beans, fish, or tofu.

Be sure to communicate to pantry guests what the symbol stands for to guide their decision making when making food selections. Add the symbol to your guest shopping list and/or post a sign letting guests know to look for this symbol to guide them in making healthier choices at the food pantry.



Look for this symbol to guide you in making healthy food selections today!

In addition to highlighting certain food products with a symbol, you might consider posting nutrition education messages next to key food products to reinforce the recommendations established by USDA’s *MyPlate*. USDA has tested consumer education messages and has a 10 tips series available for free download on their website. www.choosemyplate.gov/print-materials-ordering.html

Examples of key messages include:

- Make half your plate veggies and fruits
- Add lean protein
- Include whole grains
- Don’t forget the low-fat dairy
- Avoid extra fat
- Try new foods
- Satisfy your sweet tooth with naturally sweet fruit

**continued... MORE IDEAS FOR POINT OF DECISION PROMPTS****Whole Wheat Pasta**

- Make a healthy swap –
Choose whole grain pasta.
- Make half your grains whole –
Choose whole wheat pasta.

Unsweetened Applesauce

- Use to make granola bars or pie.
- Dip graham crackers.
- Put in kids' lunches.
- Use in baking instead of oil.
- Make pork chops and applesauce.
- Make applesauce pancakes.
- Use as ice cream topping.

Canned Beans

- You can use to make brownies! Wow!
- Add to canned soups for a hearty meal.
- Add me to chili.
- Mash me up and make your own dip!
- Use me on top of baked potatoes.
- Beans + Rice = True Love
- Add me to soups for a hearty treat
(or blend to make your own soup)!
- I go great in salads!

Canned Potatoes

- Put on the bottom of an egg bake.
- Slice them and fry.
- Put them in soup.

Green Bean Pouches

- Add to minestrone.
- Make green bean casserole.
- Make fried rice.
- Add to stew!
- Add to soup!
- Easy, convenient –
No can opener needed!

Canned Peas

- Add to cold or hot pasta.
- Use in omelets.
- Add to soup.
- Make split pea soup.
- Add to rice dishes.
- Puree for baby food.

Canned Tuna

- It's ready to eat.
- Add tuna to your salad!
- Make tuna patties.
- Make cold sandwiches or tuna melts.
- Make wraps, tortilla or lettuce.
- Use in casseroles.
- Fry patties.
- Bake patties.
- Put on salad.
- You can eat it plain.
- Eat on crackers.
- Put between grilled cheese sandwiches.
- Make noodle casserole.
- Make tuna noodle salad.
- Put in an omelet.
- Make tuna tacos.
- Make creamed tuna over toast.

Canned Carrots

- Try me in a soup with curry powder!
- Invite me to dessert. I promise to be sweet!
- What's up doc? Carrots are healthy for you!
- Add to casseroles.
- Add to stir fry!
- Add to homemade fried rice!
- Make vegetable soup!
- Add some maple syrup to me and roast for
a delicious glazed treat!
- Try it in a smoothie.
- Great in stews or soup.