HEALTHIER SHELF-STABLE FOODS

 **PRODUCE:**

Produce with thicker skin will stay fresh longer.

Fruit: Apples, oranges, grapefruit, lemons, limes, clementines

Vegetables: Potatoes, sweet potatoes, winter squash, garlic, onions, carrots, celery, cabbage

Canned or frozen fruit (in light or no-syrup)

Canned or frozen vegetables

Dried fruit (with less added sugar)

**PROTEIN:**

Canned or packaged lentils, chickpeas, dried beans and peas

 Frozen edamame (soybeans)

Nuts and nut butters

****Seeds – flaxseed, sunflower, pumpkin, chia

 Canned fish

 Canned chicken

 Shelf-stable tofu

\*DV – Daily Value

**WHOLE GRAINS:**

Amaranth Corn tortillas

Barley Brown and wild rice

Buckwheat Farro (wheat kernels)

Popcorn Wheat berries

Quinoa Oats

Whole grain crackers

**Foods containing calcium**

 Canned milk

Boxed shelf-stable milk or plant-based dairy alternatives with added calcium

Chia, poppy, and sesame seeds (2 tablespoons ~ 20% DV\* for calcium)

 Almonds (2 ounces ~ 15% DV for calcium)

 Sardines, canned salmon with bones

 White beans (1 cup ~ 10% DV for calcium)

Blackstrap molasses