
Nutrition Tips

Healthy Food Options

Equipment to Consider

- Can opener
- Paper bowls (sturdy construction)
- Plastic utensils
- Hand sanitizer

Healthy Foods That Can Be Eaten Cold or Do Not Require Refrigeration

- Canned fruit *
 - Look for fruit packed in juice, not heavy syrup
- Canned vegetables *
 - Choose lower sodium, when possible
- Canned beans *
- Canned soups, chili or stew *
- Canned ravioli or spaghetti *
- Canned tuna or sardines *
- Nuts and seeds
- Peanut Butter
- Granola bars or protein bars
- Dried fruits
- Fresh fruit: apples, oranges, bananas, pears or plums
 - Keep at room temperature only until they are ripe, then eat, refrigerate, or discard. Fruits with edible skin (apples, pears, plums) should be rinsed before eating. Fresh fruit should be kept in a clean bag or container.
- Bread or bagels (check expiration date)
- Mrs. Dash, garlic powder, other seasoning mixes for canned veggies
- Powdered milk (reconstitute with water)

*Must be refrigerated if not entirely consumed after opening.