



Food Needs:

Whole Grain Pasta, Tortillas & Breads
Brown Rice, Low Sodium Canned Vegetables,
Low Sugar Canned Fruits, Peanut Butter,
Low Sugar Jelly/Preserves, Dried Fruits,
Pasta Sauce (Low Sodium, Low Sugar),
Low Sodium Soups, Low Sugar Cereals,
Fresh Fruits/Vegetables
Frozen Fruits/Vegetables
Frozen Proteins—Meats
Dairy

www.communityhopecenteril.org

**Community Hope Center is in the process of
transitioning our Food Pantry over
to the SWAP Method.
SWAP stands for Supporting Wellness At Pantries.**

Our Food Pantry shelves will be marked with
Green, Yellow and **Red** Labels.

- **** Green items are food items that should be chosen often—low in saturated fat, sodium & sugar and supports health.

- **** Yellow items are food items that should be chosen sometimes—medium levels of fat, sodium or sugar and can contribute to good health.

- **** Red items are food items that should be chosen rarely—high levels of fat, sodium or sugar.
Think of these items as treats.
They have limited health benefits.