



### STOCK UP:

- Lean proteins – beans, lentils, canned tuna and salmon in water
- Great grains – oatmeal, barley, whole-grain breads, pasta, crackers
- Flavor enhancers – herbs, spices, olive oil, salsa



### SWAP OUT:

- Chips, fruit snacks for canned and dried fruit, nuts
- “Store bought” for homemade trail mixes, soups
- White pasta/rice for whole wheat – look for whole wheat as 1<sup>st</sup> ingredient



### SAVE:

- Time – know what’s in your pantry, plan ahead, make a list
- Calories – use portion control, avoid buying chips and sugary cereals
- Money – prepare a “Pantry Raid Meal” using items from your pantry



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# #FoodDayICT



This message is brought to you by the Health & Wellness Coalition of Wichita’s  
Healthy Eating Committee for Food Day, October 24, 2015  
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For more information about the Health & Wellness Coalition: [www.hwcwichita.org](http://www.hwcwichita.org)