

BALANCED EATING

WITH FOODS AT THE BEDFORD COMMUNITY FOOD PANTRY

By: Sam, Keene State College Dietetic Intern

FRUIT:

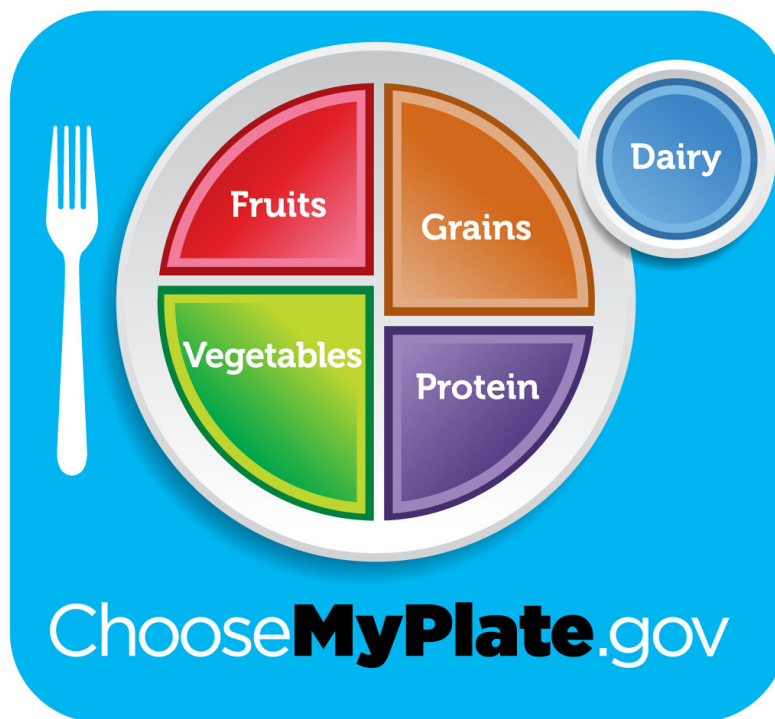
- FRESH FRUIT (VARIES WEEKLY), CANNED FRUIT: PEARS, PINEAPPLE, APPLESAUCE, ETC

DAIRY

- YOGURT, CHEESE, MILK

GRAINS

- PASTA, RICE, CEREAL, OATMEAL, BREAD, CRACKERS



VEGETABLES:

- FRESH VEGETABLES (VARIES WEEKLY), CANNED VEGETABLES: GREEN BEANS, PEAS, CARROTS, CORN,

PROTEIN

- TUNA, CANNED CHICKEN, BEANS, EGGS, PEANUT BUTTER, CHICKEN, GROUND BEEF/TURKEY, DELI MEAT