What is Food Insecurity?

Food insecurity is limited or uncertain access to nutritionally adequate food for all members of a household to live an active, healthy life.

PROTEIN

- Low sodium canned beans
- Dried beans, peas, or lentils
- Unsalted or lightly salted nuts
- Trail mix with less than 230 mg sodium
- Canned tuna, chicken, or salmon in water
- Nut butters: peanut, almond, cashew with less than 230 mg sodium & 6 g sugar per serving

GRAINS

- Cereal and oatmeal with less than 12 g of sugar
- Whole grain bread, pasta, or tortillas
- Barley, quinoa, and couscous
- Brown rice and instant rice
- Whole grain crackers
- Whole grain flour
- Corn tortillas

Seasonings

- Pepper
- Chili powder
- Garlic powder
- Onion powder
- Italian seasoning
- Dried herbs
- Dill weed
- Vinegar
- Vanilla
- Nutmeg
- Cinnamon
- Ground ginger
- Pumpkin pie spice
- Sugar substitutes
- Low sodium broth
- Brown or white sugar

VEGETABLES

- No added salt canned vegetables
- No added salt or low sodium spaghetti sauce
- Low sodium canned soups
- 100% Vegetable juice

FRUITS

- Canned fruit in water, light syrup, or 100% juice
- Unsweetened applesauce
- Plain dried fruit
- 100% fruit juice
- 100% fruit pouches

DAIRY

- Shelf-stable low-fat dairy, soy, almond, or rice milk

Basic Necessities

- Toilet paper
- Soap, lotion, deodorant
- Diapers, baby wipes
- Can openers
- Shampoo, conditioner, hair spray
- Toothpaste, toothbrush, floss
- Feminine hygiene products
- Laundry detergent, dryer sheets

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