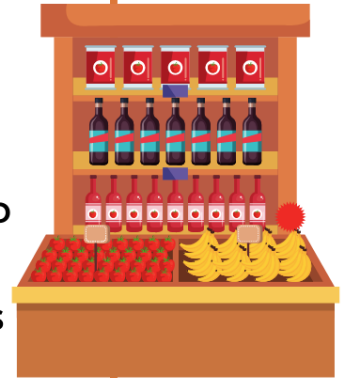


DISPLAYS AND FOOD PAIRING

- Display foods that you want to encourage at eye level in a place where everyone will see them.
- Pair foods that go together and grab attention with signage and recipe cards.
- Strategic food pairing is a nudge strategy to encourage clients to choose items in pairs in order to create nutritious meals and promote self sufficiency.
- Combining food pairing, displays, and recipe cards is a great way to nudge clients.
- Foods are chosen up to 18% more when bundled.



EXAMPLES OF FOODS TO PAIR:

Stir Fry

- Rice or pasta
- + Protein (chicken, pork, tofu)
- + Fresh, frozen, or canned vegetables (bell peppers, carrots, broccoli)

Split pea salad

- Split peas
- + Canned corn
- + Canned garbanzo beans
- + Tomatoes

Oatmeal Bites

- Oats
- + Peanut butter
- + Bananas



Pasta

- Pasta
- + Spaghetti sauce
- + Canned mushrooms or diced tomatoes



Corn salsa

- Canned corn
- + Canned beans
- + Jar of salsa
- + Tortilla chips



Healthier Mac

- Boxed macaroni and cheese
- + Frozen or canned mixed vegetables

Find more healthy recipes and food pairing ideas at:

www.GleanersNutritionHub.org