



Food Pantries for the
Capital District

VEGETARIAN DIETS

Always consult with pantry clients about individual preferences and dietary restrictions

Vegetarian Diets

Vegetarian diets exclude all meat and animal products derived from killing animals. Animal by-products that do not require animal slaughter, such as eggs and dairy, are considered acceptable for consumption under this dietary restriction.

Vegetarian pantry packages may contain standard selections of **fruits, vegetables, and grains**, but should only include **allowed proteins** (see below) and **processed foods that are vegetarian or vegan**.

Disallowed Items

- ✘ meat & poultry
- ✘ animal broths
- ✘ fish & shellfish
- ✘ food with gelatin

Allowed Proteins

- ✓ beans & lentils
- ✓ meat substitutes
- ✓ tofu
- ✓ eggs
- ✓ nuts & seeds
- ✓ dairy



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VEGAN DIETS

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Vegan Diets

Vegan diets exclude all meat and animal products. Animal by-products such as eggs and dairy are also prohibited under a vegan diet.

Vegan pantry packages may contain standard selections of **fruits, vegetables, and grains**, but should only include **allowed proteins** (see below) and **processed foods that are vegan**. All baked goods should also be checked to ensure they do not contain animal products like butter, milk, eggs, or animal fat.

Disallowed Items

- ✘ meat & poultry
- ✘ fish & shellfish
- ✘ dairy
- ✘ animal broths
- ✘ food with gelatin
- ✘ eggs

Allowed Proteins

- ✓ beans & lentils
- ✓ nuts & seeds
- ✓ tofu
- ✓ meat substitutes



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HALAL DIETS

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Halal Diets

Halal foods are those that are lawful or permitted, particularly pertaining to meat preparation, as prescribed by Islamic law.

Halal pantry packages should **never** include products containing pork, pork-derived ingredients, or alcohol. Allowed meats should be Halal certified, and processed foods should not contain any pork or ingredients deriving from pork, like gelatin.

Halal Certification

Look for a Halal certification symbol, like the ones below, on **meats** and **processed foods** (including processed grains & cheeses, which are sometimes made with gelatin or pig enzymes).



Foods Without Certification

Fruits, veggies, and **unprocessed grains** do not require Halal certification. Neither do fresh, **whole eggs** and most **dairy** products (except for cheese).



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KOSHER DIETS

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Kosher Diets

Kosher foods are those that comply with Jewish dietary restrictions regarding food preparation and consumption.

Kosher pantry packages should **never** include products containing pork, pork-derived ingredients, shellfish, or items containing dairy and animal products in the same item.

Allowed meats should be Kosher certified. **Dairy and animal products should be kept separately from one another**, if possible.

Kosher Certification

Look for a Kosher certification symbol, like the ones below, on **meat** and **processed foods** (including processed grains & cheeses, which are sometimes made with gelatin or pig enzymes).



Foods Without Certification

Fruits, veggies, and **grains** do not require Kosher certification. Neither do fresh, **whole eggs** and most **dairy** products (except cheese).



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GLUTEN FREE DIETS

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Gluten-Free Diets

Gluten-free diets are those that exclude all wheat, barley, rye, and triticale products.

Gluten-free pantry packages may contain standard selections of **fruits, vegetables, and proteins**, but should only include **gluten-free grains, baked goods, and processed foods**. Gluten-free variants of foods traditionally containing gluten will be marked with a gluten free certification, but there are also a number of gluten-free grain options.

Gluten-Free Certification

Avoid products like bread, pasta, noodle soups, and baked goods unless certified with a gluten-free symbol, like the ones below.



Gluten Free Grain Options

- ✓ oats
- ✓ rice
- ✓ quinoa
- ✓ corn
- ✓ millet
- ✓ nut, rice, or potato flour



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LOW SODIUM DIETS

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Low-Sodium Diets

Low-Sodium diets are those that significantly reduce the intake of sodium, or salt.

Low-Sodium pantry packages should aim to provide low-salt or salt-free food options wherever possible. Fresh, unprocessed meats, fish, and produce are acceptable options, but canned and processed goods should be marked as low-sodium, or salt-free. High-sodium snacks should also be avoided (see list below). **Food labeled as reduced sodium can be misleading, and may still be high in salt.**

High-Sodium Foods to Avoid

- ✘ cured/processed meats (bacon, sausages, deli meats)
- ✘ boxed/frozen dinners (mac & cheese, microwave meals)
- ✘ salty snacks (pretzels, chips, crackers, salted nuts)
- ✘ cheese, especially processed cheeses
- ✘ salty soups and soup broths (canned or dried)
- ✘ canned or smoked fish
- ✘ salted canned vegetables



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LOW SUGAR DIETS

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Low-Sugar Diets

Low-Sugar diets are those that significantly reduce the intake of sugar.

Low-Sugar pantry packages should aim to provide reduced or sugar-free food options wherever possible. Fresh, unprocessed meats, fish, and vegetables are acceptable options, but processed goods should be checked for low-sugar or sugar-free labels. High sugar snacks and foods should be avoided (see below).

High-Sugar Foods to Avoid

- ✘ canned fruits not in natural fruit juice
- ✘ foods with more than 20% total or 5% added sugars
- ✘ packaged snacks (candy, chocolate)
- ✘ sugary baked goods (cake, cookies)
- ✘ sweetened foods
- ✘ processed drinks (soda, tea, juice)
- ✘ granola, cereal, snack bars



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MOTEL-FRIENDLY DIETS

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Motel-Friendly Diets

Motel-Friendly diets are those that are suitable for people staying in motels or other temporary housing.

Motel-Friendly pantry packages should aim to include dry or shelf-stable items that do not require stovetop or oven preparation. Perishable items that require a refrigerator should be avoided, unless the client has fridge access. Canned items should have pull tabs, if possible.

Include

- ✓ snacks (nuts, dried fruit, chips, crackers, popcorn)
- ✓ microwave meals (oats, mac & cheese)
- ✓ single-serve fruit products (applesauce pouch, fruit cups)
- ✓ bread, bagels, peanut butter
- ✓ fruit (apples, bananas, oranges)

Avoid

- ✗ frozen and refrigerated items (dairy, eggs, deli meats)
- ✗ food requiring kitchen equipment