

Supporting Wellness at Pantries (SWAP): Nutrition Stoplight System



Choose Often

- Low in saturated fat, sodium, and sugar
- Supports health

Choose Sometimes

- Medium levels of saturated fat, sodium, or sugar
- Can contribute to good health

Choose Rarely

- High levels of saturated fat, sodium, or sugar
- Limited health benefits

Unranked foods: some food groups like cooking supplies, condiments, and baby food are not ranked using the guidelines and will be marked "Unranked." Some food categories that arrive in large batches of miscellaneous items are labeled "Assorted Not Ranked."