Nutrition Counseling Services LLC

Food Pantry Makeover Challenge

***Purpose Statement*:** The purpose of this challenge is to replace unhealthy foods in your food pantry with healthy foods.

Challenge Steps:

A. Download and Review the ***Extreme Makeover – For Your Pantry*** handout.
B. Take a "before" picture of your pantry.
C. On the chart below, make a list of the unhealthy foods in your pantry.
D. Remove unhealthy items from pantry.
E. Replace unhealthy items with healthy foods and beverages.
F. Take an "after" picture of your pantry.

Unhealthy	Healthy Replacements

Return this sheet and photos (if able) by email (carol@eatinghealthier.net) or fax (704-734-0662).

Your Name:_____ Contact Number: _____