**PACT Food Assistance Program**

**Guidelines:**

* Beginning with the first gift card, schedule/attend a 30-minute nutrition counseling session with the PACT Registered Dietitian. **(Molly - contact at 412-864-0664)**
* Gift cards can be received ONCE PER MONTH
* I must bring the receipt from the previous gift card purchase to receive another gift card.
* **If I do not bring my receipt two times in a row, I will not be eligible to receive a gift card for the following month.**
* Gift cards can only be used for the purchase of **HEALTHFUL/NUTRITIOUS FOOD ITEMS** (see below)

**Off-Limit Foods (due to their lack of nutritional benefit):**

* Sweetened beverages: Soda, Sweet Tea, Energy Drinks, Flavored Coffee Drinks
* Chips, Pretzels, Cheese Puffs
* Sweets: Candy, Ice Cream, Cakes, Cookies, Pies
* Highly processed/packaged items: French Fries, Onion Rings, Chicken Nuggets, Spam

**Suggested Foods:**

* Fresh or frozen fruits and vegetables
* Canned fruits and vegetables (tip: rinse off with water to reduce sugar/sodium content)
* Leaner cuts of meat: chicken, turkey, fish (canned tuna is okay!)
* Whole wheat breads and pastas
* Brown or wild rice
* Healthy snacks: granola bars, 100% fruit juice gummies, Triscuits, hummus, nuts and seeds

**Tips on stretching your food dollars:**

* **Cook your food/ avoid pre-packaged food** (for example: 1 large bag of noodles + cheese + milk will make a larger quantity for a cheaper price than pre-packaged mac n cheese)
* **Spend your money on healthy food instead of “junk food”** (“junk food” and snacks are often higher in price than healthy foods)
* **Purchase canned and frozen fruits, vegetables, and meats such as tuna, chicken and salmon** (you don’t have to worry about them going bad and they contain the same nutritional value as fresh fruits and vegetables for a cheaper price!)