

T.R.A.I.L. Grant Pre-Approved Foods for Healthy Snacks

The following resource is a list of pre-approved foods that can be purchased with T.R.A.I.L. grant funds for Healthy Snacks. Given that not all foods can be catalogued into a single list this resource is informed by Native dietary and nutritional information from the Indian Health Service (IHS) as well as USDA Food distribution procedures.

<p style="text-align: center;">Fruits</p> <p>All fresh, dried, or frozen fruits and 100% fruit juices are acceptable purchases. Fruit cups that do not contain high fructose corn syrup are also acceptable. Fruits that have been traditionally cultivated by your community are especially encouraged.</p>	<p style="text-align: center;">Vegetables</p> <p>All fresh, canned or frozen vegetables are acceptable purchases (including beans and legumes). Vegetables that have been traditionally cultivated by your community are especially encouraged.</p>
<p style="text-align: center;">Grains / Starch</p> <p>Whole wheat grains including breads Tortillas Whole grain pasta Brown rice Quinoa Wild rice Millet Sorghum Hot and cold unsweetened whole-grain breakfast cereals Whole grain or whole wheat crackers Pretzels Granola bars that do not include chocolate</p>	<p style="text-align: center;">Meat / Proteins</p> <p>Sunflower kernels Nut butters Whole or ground lean meat and poultry Lunch meats except bologna (preferably all-natural, nitrate-free, low-fat) Buffalo Reindeer Game meat Fish Eggs Beans Any meat that is traditionally eaten by the local Native community including locally produced sausages. No commercially processed meats (including hotdogs, bacon, sausage, spam), except lunchmeats as outlined above.</p>
<p style="text-align: center;">Dairy</p> <p>Any Dairy product (except ice creams and other frozen desserts) Cottage Cheese Almond milk Soy milk Coconut milk Cheese (in moderate amounts) – preferably cheese that is not processed, such as craft American singles or Velveeta. Yogurt (preferably low-sugar options)</p>	<p style="text-align: center;">Miscellaneous</p> <p>Baked chips Sauces and salad dressings (in moderation) Vinegar Oil based dressings (in moderation) Butter (in moderation) Extra Virgin Olive Oil (in moderation) Guacamole Salsa Hummus Mayonnaise (In moderation) Tartar sauce and sour cream (in moderation) Mustard Ketchup Pickles Water Honey</p>