A SHOPPER’S GUIDE TO PERISHABLE PRODUCTS

Items available for Extra Helping are marked with **

PRODUCE**

Produce, herbs, fruit, bagged leafy greens & salad kits (without protein), veggie trays (without dip)

BAKERY**

Bread, buns, artisan loaves, bagels, muffins, cakes, pies, cookies, donuts, snack cakes, pastries

DAIRY** (only Nancy’s products are available to Extra Helping programs)

Milk, dairy products, juice, non-dairy yogurt, non-dairy milk, eggs

DELI

Sandwiches, ready-to-eat food, lunch meat, sauces, dips, salad kits with protein, veggie trays with dip, coffee