Food Eligibility List

A practical guide for planning and reviewing grant-funded food purchases

Eligible food purchases

1 Protein — perishable and non-perishable

Foods that provide animal- or plant-based protein.

- Fresh or frozen fish, poultry and lean meat
- Canned fish, such as tuna, salmon and sardines, and canned chicken
- Eggs
- Dried or canned beans, lentils and chickpeas
- Tofu, tempeh, nuts, seeds and nut or seed butters
- Deli meats
- Hummus and edamame
- Wild game, harvested fish and organ meats

2 Dairy products and alternatives

Dairy foods and fortified alternatives that provide protein, calcium and other essential nutrients.

- Milk, including shelf-stable and powdered milk
- Yogurt
- Kefir
- Cheese
- Cottage cheese
- Butter
- Fortified plant-based beverages, such as soy, oat and almond

3 Fruits and vegetables — fresh, frozen and canned

Produce in forms that preserve nutritional value and make storage practical.

- Fresh fruits and vegetables
- Wild berries
- Frozen fruits and vegetables without added sugar or heavy sauces
- Canned fruit packed in water or juice
- Unsweetened dried fruit, such as raisins, prunes and apricots
- Canned vegetables, with lower-sodium options preferred where practical
- Canned tomatoes, tomato purée and pasta sauce

4 Grains

Grain foods, with whole-grain options preferred where practical.

- Oats, barley, quinoa, bulgur, brown rice and wild rice
- Buckwheat, millet and plain popcorn kernels
- Whole-wheat or whole-grain bread, buns, pitas and tortillas
- Whole-grain pasta and lower-sugar whole-grain cereals
- Whole-grain crackers and similar staple foods
- Staple grains, including white rice, enriched pasta, flour and cornmeal

5 Healthy fats

Unsaturated fats used as foods, spreads or cooking ingredients.

- Olive, canola and other unsaturated plant oils
- Avocados
- Fish naturally rich in unsaturated fats

6 Other eligible foods

Foods for specific nutrition needs.

- Infant formula and baby cereals
- Fruit, vegetable and protein purées, jars and pouches intended for babies
- Prepared meals
- Nutrition drinks and meal replacements, such as Ensure and Boost (not treated as supplements)

7 Water and cooking basics

Everyday items needed to prepare healthy meals.

- Plain water
- Herbs, spices and vinegar
- Low-sodium broth and stock

Ineligible food purchases

The following items are not eligible under this proposed nutrition-focused policy:

Category	Examples
Sugary drinks	Soft drinks, sweetened fruit drinks, slush drinks and similar beverages
Candy and confectionery	Candy, chocolate bars, gummies and other confectionery
Desserts and high-sugar baked goods	Cakes, pastries, doughnuts, cookies and similar desserts
Highly processed snack foods	Chips, cheese puffs and similar salty snack foods
Energy drinks	Caffeinated energy drinks and energy shots
Alcohol	Beer, wine, spirits and alcohol-containing beverages
Supplements	Vitamins, minerals, protein powders and other dietary supplements unless the funder gives written approval
Non-food items and unrelated costs	Cleaning supplies, disposable serving ware and take-out containers, administrative fees, gift cards.