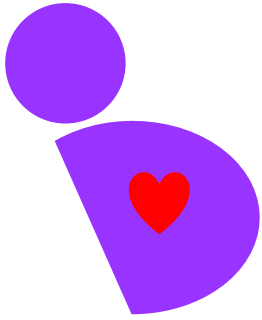


Preferred Prenatal Food List for Pantries



It is important for someone who is pregnant, wants to become pregnant, or just had a baby to identify foods that nourish their bodies. There are key nutrients that are necessary to support fetal development and the pregnant/postpartum person. Below are food sources for each of the key nutrients that are often available in a food pantry.

