

Project Bread Healthy Foods Only – Approved Product List

Fruits & Vegetables

INCLUDED: Fresh, frozen, and canned (all, no restrictions on sugar, fat, or salt; includes mixed fruits and vegetables).

EXCLUDED: Soups, stocks, broths, pasta sauces, dips, salad dressing, salad kits, salsa, ketchup, mayonnaise.

Meat & Seafood

INCLUDED: Fresh, frozen, and canned (unprocessed, not breaded, no marinades).

EXCLUDED: Processed meat, breaded meat, hotdogs, ham, bacon, sausage, nuggets, fish sticks, jerky, deli meat, corned beef, or spam (except for varieties made in store).

Tofu, Tempeh, and Seitan

INCLUDED: Silken, soft, medium, firm, extra firm, pre-marinated, and smoked tofu, and all types of tempeh and seitan.

Beans, Legumes, and Lentils

INCLUDED: All canned and dried beans, legumes, and lentils (no salt restriction).

EXCLUDED: Baked beans, canned chili, chili starter, or refried beans.

Seeds, Nuts, and Nut Butters -

*No salt restriction

EXCLUDED: Nutella or yogurt-covered or chocolate-covered nuts.

Grains

INCLUDED: Single-ingredient grains, including rice (white, brown, basmati, jasmine, wild), oats (rolled, steel-cut, quick oats, whole oat groats), quinoa (white, red, tricolor), wheat berries, barley (hulled, pearled), farro, millet, bulgur, and amaranth. Includes instant, microwaveable rice pouches and quick-cooking varieties.

EXCLUDED: Pasta, noodles, ramen, flavored rice mixes.

Cooking oils

INCLUDED: Plant-based, shelf-stable oils (olive, coconut, avocado, canola, vegetable, sunflower, grapeseed, sesame, peanut, flaxseed, corn).

EXCLUDED: Lard (pork fat), beef tallow, ghee, butter.

Dairy & Non-Dairy

INCLUDED: Refrigerated and shelf-stable unflavored milk and plant-based milks (almond, cashew, hazelnut, walnut, pistachio, oat, rice, quinoa, soy, pea, coconut milks), unflavored Lactaid milk, evaporated milk, dry milk (milk powder), buttermilk, all plain, unsweetened yogurts (including plantbased varieties), kefir, all cheese (including vegan cheese), and cottage cheese, sour cream.

EXCLUDED: Flavored milks or yogurts.

Eggs

INCLUDED: Whole eggs, liquid eggs, boiled eggs, egg whites.

Herbs, Spices and Pantry Items

INCLUDED: Single-ingredient herbs and spices, no salt added.

EXCLUDED: Seasoning mixes, marinades, baking soda, baking powder, yeast, soy sauce, fish sauce.

Beverages

INCLUDED: Plain, unsweetened water (still or sparkling, no added flavors or sweeteners).

EXCLUDED: Soda, coffee, tea, kombucha, juices.