

# Tip Sheet—Clients with Limited Housing

Those experiencing housing and food insecurity are at higher risk for diet-related diseases, though dietary needs can vary widely based on health status, age, and cultural and dietary preferences. As much as possible, focus on providing foods that are nutrient-dense, minimally processed, easy to eat and digest, and readily accessible to the population you are serving.

## Special dietary and resource considerations:



**Health conditions**—avoid foods that are highly processed. Processing often results in high amounts of added salt and sugar, which contributes to poor health.



**Cooking equipment**—raw foods that require cooking or a lot of preparation may be passed up. Microwaves and hot plates may be more readily accessible.



**Dental care**—choose soft foods easy to bite and chew.



**Food safety & storage**—choose foods that don't require immediate refrigeration.



**Canned foods**—provide canned foods with pop tops or can openers.



**Transport**—bags for carrying food may be needed; bulky/heavy items may be difficult to carry on foot.

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## Foods to Promote

- Bananas\*
- Grapes\*
- Oranges\*
- Watermelon\*
- Fresh cut fruit
- Broccoli\*
- Corn\*
- Spinach
- Avocado
- Water
- Low sodium/sugar canned fruit and vegetables (with pop top)
- Instant oatmeal (unflavored)
- Soft, whole-grain breads
- Peanut butter (natural)
- Canned or bagged chicken or fish
- Cooked eggs
- Prepared meals (e.g., pastas/noodles, chicken and rice with vegetables)
- Shelf-stable milk and unsweetened milk alternatives

## Foods to Distribute Sparingly

- Produce that's hard on the teeth (e.g., celery, carrots, whole apples, tough skins)
- Raw foods that need peeling or cooking
- Chocolate
- Candy
- Toaster pastries
- Juice that is not 100% fruit juice and soda
- Pretzels
- Salted nuts
- Cookies
- Sugary cereal
- Uncooked (dried) beans and grain

Banana Sushi



Microwave Fruit Crisp



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