

# FOOD DRIVES

Nourish Your Community with Healthy Food Donations!

Consider these healthy, low-cost foods to donate for those who need a helping hand:

## Fruits and Vegetables

- canned vegetables, any variety, labeled lite or low sodium
- canned fruit in their own juices or lite syrup
- dried fruits, raisins
- no-sugar added applesauce
- 100% fruit juice

## Grains

- low-sugar cereal such as Cheerios or Chex
- whole grain/bran cereals
- oatmeal, grits and hot breakfast cereals without added sugars and salt
- whole grain pastas
- brown rice
- whole grain crackers

## Meats/Protein

- canned tuna fish or chicken in water
- dried beans (black beans, pinto, etc.) or canned, low sodium beans
- peanut butter
- unsalted nuts
- powdered milk fortified with vitamin D

## Avoid donating these foods

- foods high in sodium, fat, oils or sugar
- chips, candy, cookies and crackers
- sugary beverages
- items in glass bottles
- items that are expired or in damaged packaging

**If you are making a donation to a food bank or participating in a food drive, consider who you are helping.**

Families receiving food from pantries are in crisis and need healthy food—the same healthy food you would feed your own family. Many are battling diabetes and high blood pressure, or they are children or adults who are overweight and need to eat healthier foods.