

HEALTHY FOOD DRIVE

MOST NEEDED ITEMS:



FRUITS + VEGGIES

- Low-sodium or water packed canned vegetables
- Canned fruits in 100% juice
- Dried fruits and vegetables with no added sugar



PROTEINS

- Low-sodium or water packed canned poultry
- Low-sodium or water packed canned seafood
- Dried beans, peas, and lentils
- Low-sodium canned beans and peas



HEALTHY FATS

- Low-sodium nuts and seeds
- Natural nut butters with no sugar or oil added



100% WHOLE GRAINS

- Whole wheat pasta, barley, quinoa, and brown or wild rice
- Whole grain cereal with less than 6g added sugar per serving
- Stone ground grits
- Rolled or steel cut oats