

Donating Food?

Remember the “Food Drive Five”



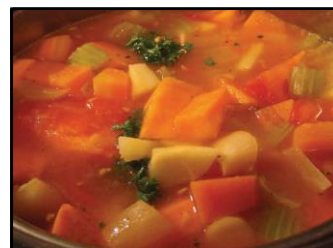
1- Protein Foods

Nuts, nut butters, canned seafood & poultry, canned or dried beans, lentils, low fat shelf stable milk



2- Fruit

Canned fruits packed in water or juice; dried, dehydrated fruit, unsweetened fruit sauces



3- Soups/ Stews

Low sodium with protein & vegetables



4- Whole Grain

Pasta, cereal, crackers, brown rice



5- Vegetables

Colorful, canned, low sodium

Reminder: Check Expiration Dates

Please also consider healthy seasoning options to add flavor without added salt or sugar: i.e. garlic powder, onion powder or flakes, black pepper, cinnamon, chili powder, Italian seasoning, and other salt free seasons or seasoning mixes.

As more families depend on pantries for a greater share of the food they eat, it is even more important that foods offered provide good nutrition.

Thank you for making a healthy difference for those in need!

