HEALTHY FOOD DRIVE MOST NEEDED ITEMS:

- GREEN TEA (antioxidants & nutrients)
- LOW SODIUM VEGETABLES (vitamins & fiber)
- CANNED TUNA & CHICKEN (protein boost)
- UNSALTED NUTS (protein & vitamins)
- NO SUGAR ADDED FRUITS (vitamin C & nutrients)
- SHELF STABLE MILK (calcium & protein)
- WHOLE GRAIN PASTA (high nutritional value & fiber)
- BROWN RICE (high fiber & vitamin B)
- OATMEAL (healthy & filling breakfast)
- CANOLA & OLIVE OIL (relatively health calories)
- PEANUT BUTTER (protein-rich)
- LOW SODIUM SOUPS (all food groups together)
- BEANS: CANNED AND DRY (high protein)
- LOW SUGAR CEREALS (high healthy whole grains)
- GRANOLA BARS & POPCORN (healthy snacks)

POP TOP CANS & MICROWAVABLE CUPS PREFERRED · NO GLASS
LOW SODIUM · LOW TRANS FAT · < 1G SUGAR
*health benefits and facts listed underneath each item

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