

HEALTHY FOOD DRIVE

MOST NEEDED ITEMS:



FRUITS + VEGGIES

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



PROTEINS

- Low-sodium or water packed canned poultry and seafood
- Dried beans, peas, and lentils
- Low-sodium canned beans and peas
- Eggs*
- Fresh or frozen lean meat and seafood*



DAIRY + DAIRY SUBSTITUTES

- Milk (unflavored nonfat, skim, and low-fat)*
- Shelf-stable milk or non-dairy alternatives (soy, almond milk)
- Shelf-stable dehydrated milk and canned evaporated milk



HEALTHY FATS

- Low-sodium nuts and seeds like walnuts, almonds, cashews, and pumpkin seeds
- Natural nut butters with no sugar or oil added
- Avocados*
- Olive oil



100% WHOLE GRAINS

- Whole wheat pasta, barley, bulgur, 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



*Check to see if your food drive can accept perishable items