

NOURISH YOUR NEIGHBOR YOUR

A Healthy Food Drive Initiative

Consider donating the below:

NO SUGAR-ADDED

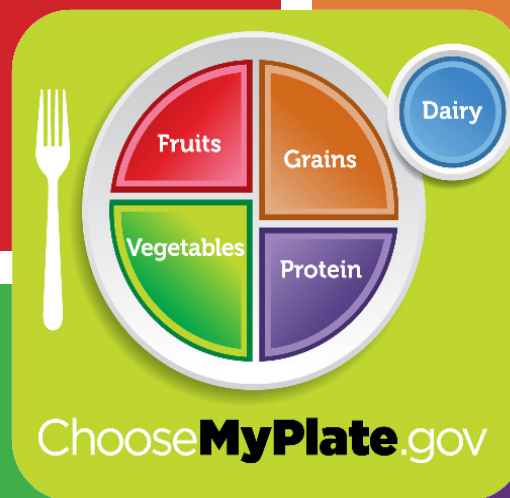
100% Fruit Juice
Raisins/Dried Fruit
Applesauce
Fruit Cups
Canned Fruit

Shelf-Stable Milk
(Evaporated, Powdered, Soy)

LOW-FAT

Quinoa
Brown Rice
Rolled Oats
Whole-Grain Pasta

WHOLE-GRAINS



Salsa
Canned Vegetables
Canned Soups
Tomato Sauce
100% Vegetable Juice

LOW-SODIUM

Canned Tuna & Chicken (in water)
Dried Beans
Unsalted Nuts
Peanut Butter

LEAN PROTEIN

Begins: _____

Ends: _____

Sponsoring Organization: _____

