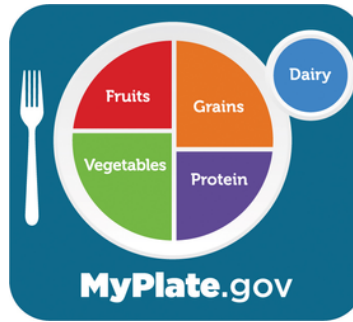


Nonperishable Food Donation

Food Drive Information



Choosing foods from the MyPlate food groups helps us all eat healthy meals each day.

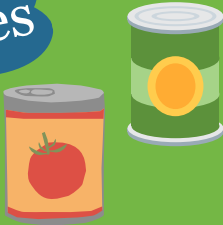
Fruit



Look for

- canned fruit packed in water/ juice.
- dried fruit with no added sugar.

Vegetables



Look for

- canned vegetables with “low-sodium” or “no added salt.”

Grains



Look for

- 100% whole grain foods such as brown rice, whole wheat pasta and oatmeal.

Protein



Look for

- canned beans with “no added salt.”
- nut butters, nuts and seeds.
- canned fish in water.

Dairy



Look for

- shelf-stable milk or powdered milk.
- plant milks such as soy.

Why it's good for us

Fruit

Vitamin C, dietary fiber, potassium and folate

Vegetables

Vitamins A & C, dietary fiber, potassium and folate

Grains

Complex carbohydrates, dietary fiber, B vitamins and minerals

Protein

Protein, B vitamins, vitamin E, iron, zinc and magnesium

Dairy

Calcium, vitamins A, D, B12 and phosphorous

Shopping Tips for Food Donation

- Buy pop-top cans that are easy to open.
- Include pantry staple items such as cooking oil and spices.
- Include foods for special diets like kosher or gluten free.
- Avoid highly processed foods or foods with added sugar.

