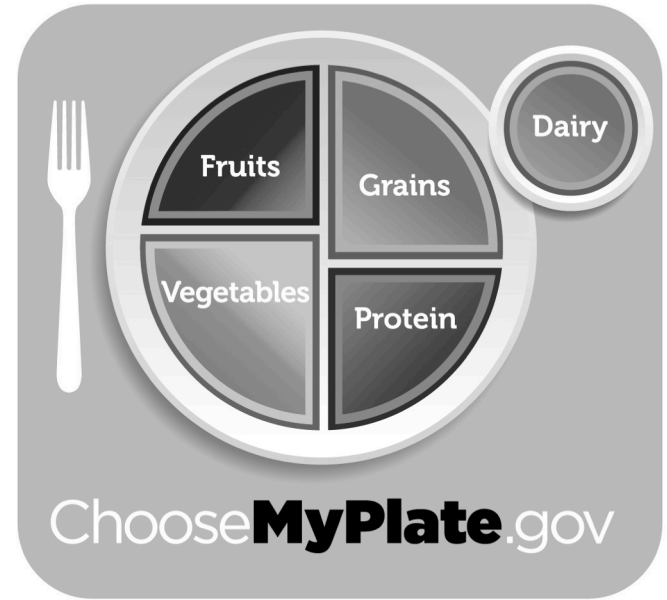


Healthy Food Drive Ideas

Give the gift of health by providing nutrient rich food items to people in need.

Examples of some healthier options to donate are listed below. Encourage choices from the following food groups and portions recommended by USDA's MyPlate.



Healthier, non-perishable food items to donate:

<u>Fruits</u>	<u>Vegetables</u>	<u>Grains</u>	<u>Protein</u>	<u>Dairy</u>
Canned Fruit <small>(no sugar added)</small>	Canned Vegetables <small>(low sodium)</small>	Whole Grains <small>(Quinoa, oatmeal, etc.)</small>	Dry Beans & Lentils	Evaporated Milk
Dried Fruit <small>(no sugar added)</small>	Canned Soup <small>(low sodium)</small>	Brown Rice	Canned Beans	Shelf-stable milk with calcium
100% Fruit Juice or Fruit/Vegetable Juice	100% Vegetable Juice or Vegetable/ Fruit Juice	Hapa Rice	Canned Tuna, Sardines or Chicken <small>(in water)</small>	Non-fat Dry Milk
		Whole Grain Cereals	Canned Meat <small>(low sodium, Spam Lite, Turkey Spam)</small>	
		Whole Wheat or Brown Rice Pasta	Nuts, Seeds and Nut Butters <small>(non-hydrogenated)</small>	