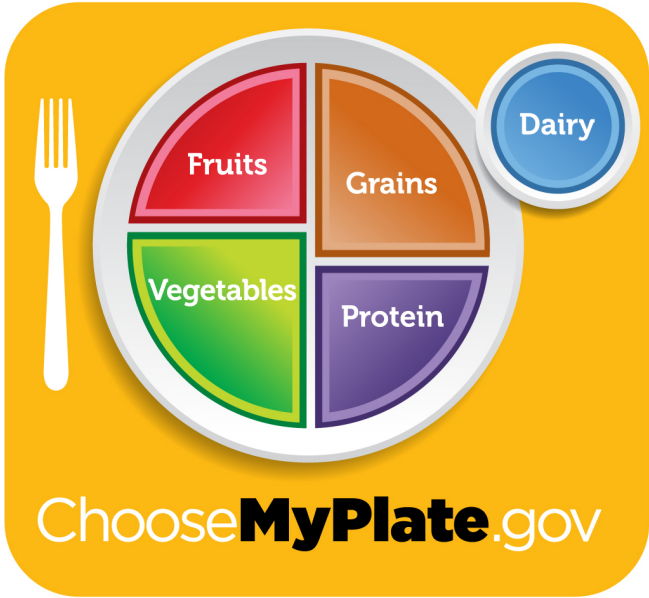


Healthy Food Drive Ideas

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:

Fruits

Canned Fruit
(no sugar added)

Dried Fruit
(no sugar added)

100%
Fruit Juice
or
Fruit/Vegetable
Juice

Vegetables

Canned
Vegetables
(low sodium)

Canned Soup
(low sodium)

100%
Vegetable Juice
or
Vegetable/Fruit
Juice

Grains

Whole Grains
(Quinoa, oatmeal, etc.)

Brown Rice

Hapa Rice

Whole Grain
Cereals

Whole Wheat
or Brown Rice
Pasta

Protein

Dry Beans &
Lentils

Canned Beans

Canned Tuna,
Sardines or
Chicken (in water)

Canned Meat
(low sodium, Spam Lite,
Turkey Spam)

Nuts, Seeds and
Nut Butters (non-
hydrogenated)

Dairy

Evaporated
Milk

Shelf-stable
milk with
calcium

Non-fat Dry
Milk