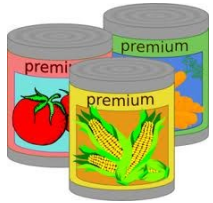


Healthy Food Drive Ideas



Help your food pantry offer healthier foods to their clients.

Please consider choosing from these healthier options.



Thank you for investing in the health of the people in your community!

<u>Vegetables and Fruit</u>	<u>Grain Products</u>	<u>Protein Products</u>	<u>Calcium Rich Foods</u>
<ul style="list-style-type: none"> ◇ Canned fruit in light syrup or juice ◇ Low sodium or no salt added canned vegetables ◇ Unsweetened dried fruit/raisins ◇ 100% juice ◇ Pasta sauce ◇ Salsa 	<ul style="list-style-type: none"> ◇ Lower sugar cereal ◇ Whole grain cereal ◇ Oatmeal ◇ Whole grain pancake mix ◇ Brown rice ◇ Quinoa ◇ Whole grain pasta ◇ Whole grain crackers ◇ Graham crackers 	<ul style="list-style-type: none"> ◇ Canned fish packed in water ◇ Canned chicken ◇ Peanut butter ◇ Canned beans, especially low sodium ◇ Canned beans ◇ Dried beans ◇ Canned pasta with meat ◇ Unsalted nuts 	<ul style="list-style-type: none"> ◇ Shelf stable milk, ex. Parmalat ◇ Evaporated milk, skim or 1% ◇ Powdered milk ◇ Sardines ◇ Canned salmon with bones ◇ Canned collard greens ◇ Calcium fortified 100% juice boxes <p style="text-align: center;"><u>Other Foods</u></p> <ul style="list-style-type: none"> ◇ Low sodium soups and broths ◇ Salt-free spices and herbs

Programs CANNOT accept:

- * Severely dented cans
- * Rusty cans, or boxes with stains
- * Opened items
- * Foods without labels
- * Home-prepared foods



Other Suggestions:

- * Choose plastic or metal containers instead of glass
- * Single serving foods like fruit cups and 100% juice boxes are easy and safe to pack for school lunches
- * Talk to your pantry about donating fresh produce from your garden
- * **Consider donating money. \$1 can purchase up to \$10 of food from the Regional Food Bank**

Questions? Contact:
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