



## HEALTHY FOOD DRIVE

Donate from the list below to help families put nutritious food on the table.

### ✓ GRAINS

- Whole grain cereals, low-sugar (oatmeal, Cheerios)
- Whole grain bread
- Whole grain dried pasta
- Brown rice (1-2 lb. bag)

### ✓ FRUITS + VEGETABLES

- Canned fruits packed in juice or water
- Low or no sodium canned vegetables
- Fresh fruits and vegetables (*Note: Please call first before donating perishable items*)
- Dried fruits (no added sugar)

### ✓ MEATS + PROTEINS

- Canned fish (salmon, tuna, sardines)
- Peanut butter (natural)
- Dried or canned beans (low- or no sodium)

### ✓ DAIRY

- Dry Milk
- Quart of skim or 1% milk (shelf stable)
- Evaporated skim milk

### ✓ OTHER

- Olive oil or canola oil
- Dried spices
- Vinegar



**QUESTIONS?** Contact Tanya Sen: 215-430-0555 x101, [tсен@hungercoalition.org](mailto:tсен@hungercoalition.org)



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