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, tsen@hungercoalition.org