



Donating Food?



Remember the “Food Drive Five”

Step 1: Choose from the “Food Drive Five”



Protein Foods

*Nuts, canned
seafood & poultry*



Fruit

*Packed in juice,
dried & sauced*



Soups

*With protein
& vegetables*



Whole-Grain

Pasta, cereal



Vegetables

Colorful, canned

Step 2: Choose lower sodium options

Step 3: Check expiration dates

As more families depend on pantries for a greater share of the food they eat,
it is even more important that foods offered provide good nutrition.

Thank you for making a healthy difference for those in need!



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