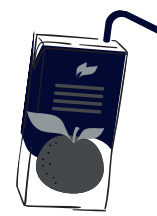


# Breakfast Food Drive



Join our Food Pantry in nourishing our neighbors by donating shelf stable items from the five MyPlate food groups

Eating a nutritious breakfast is important to help focus, boost productivity, and keep energy levels up.



## PROTEIN

Nut butters: peanut, almond, cashew with less than 230 mg sodium & 4 g sugar per serving



## VEGETABLES

Low-sodium canned vegetables  
100% vegetable juice



## GRAINS

Cereal and oatmeal with less than 12 g of sugar  
Whole grain bread, bagels, or English muffins  
Whole grain or corn tortillas  
Shredded wheat cereal  
Whole grain granola  
Pancake mix



## FRUITS

Canned fruit in water, light syrup, or 100% juice  
Unsweetened applesauce  
Plain dried fruit  
100% fruit juice  
100% fruit pouches



## DAIRY

Shelf-stable low-fat dairy, soy, almond, or rice milk



## OTHER

Coffee  
Tea  
Syrup  
Coffee creamer  
Baby food  
Baby formula