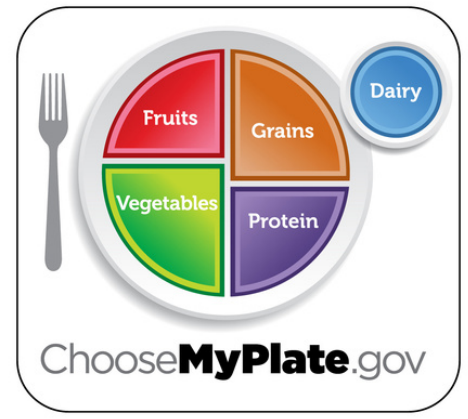


# Food Drive



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

## What is Food Insecurity?

Food insecurity is limited or uncertain access to nutritionally adequate food for all members of a household to live an active, healthy life.

\_\_\_ %  
Of homes in \_\_\_\_\_ County are food insecure

\_\_\_ %  
Of children in \_\_\_\_\_ County live in food insecure homes



## PROTEIN

- Low sodium canned beans
- Dried beans, peas, or lentils
- Unsalted or lightly salted nuts
- Trail mix with less than 230 mg sodium
- Canned tuna, chicken, or salmon in water
- Nut butters: peanut, almond, cashew with less than 230 mg sodium & 6 g sugar per serving



## GRAINS

- Cereal and oatmeal with less than 12 g of sugar
- Whole grain bread, pasta, or tortillas
- Barley, quinoa, and couscous
- Brown rice and instant rice
- Whole grain crackers
- Whole grain flour
- Corn tortillas

## Seasonings

- |                   |           |                      |
|-------------------|-----------|----------------------|
| Pepper            | Dill weed | Ground ginger        |
| Chili powder      | Vinegar   | Pumpkin pie spice    |
| Garlic powder     | Vanilla   | Sugar substitutes    |
| Onion powder      | Nutmeg    | Low sodium broth     |
| Italian seasoning | Cinnamon  | Brown or white sugar |
| Dried herbs       |           |                      |



## VEGETABLES

- No added salt canned vegetables
- No added salt or low sodium spaghetti sauce
- Low sodium canned soups
- 100% Vegetable juice



## 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

## Basic Necessities

- |                         |                                  |
|-------------------------|----------------------------------|
| Toilet paper            | Shampoo, conditioner, hair spray |
| Soap, lotion, deodorant | Toothpaste, toothbrush, floss    |
| Diapers, baby wipes     | Feminine hygiene products        |
| Can openers             | Laundry detergent, dryer sheets  |