

#### **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



# GREEN LIGHT **PANTRY**

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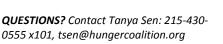
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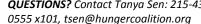
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QUESTIONS? Contact Tanya Sen: 215-430-0555 x101, tsen@hungercoalition.org



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