



# Have a Healthy FOOD DRIVE!

Eating healthy foods is key to good health. It's easier to choose healthy options when food organizations, like a food bank, provide nutritious foods. People without enough food may often be faced with unhealthy choices of high-calorie, low-nutrient foods, which can lead to chronic diseases. Having regular access to nutritious food choices can help everyone stay healthier.

**When promoting your food drive, request that most of the items donated have low saturated fat, sodium and no added sugar. These foods are the highest in nutrition and lowest in the nutrients that are most dangerous in contributing to chronic disease.**



## DONATE THIS: \_\_\_\_\_



### BEVERAGES:

- WATER
- 100% FRUIT JUICE
- LOW-FAT, POWDERED MILK



### WHOLE GRAINS:

- WHOLE WHEAT PASTA
- WHOLE WHEAT CRACKERS
- WHOLE GRAIN CEREALS
- GRANOLA BARS
- BROWN RICE



### CANNED AND DRY GOODS:

- CANNED VEGETABLES
- CANNED FRUIT IN 100% FRUIT JUICE
- APPLESAUCE
- SOUPS, REDUCED SODIUM
- DRIED FRUIT
- HEALTHIER OILS (CANOLA, OLIVE)



### PROTEINS:

- UNSALTED NUTS
- PEANUT BUTTER
- CANNED MEAT
- BEANS, DRIED OR CANNED

## NOT THAT: \_\_\_\_\_



### CARBOHYDRATES:

- COOKIES
- CANDY
- CHIPS
- INSTANT RAMEN



### BEVERAGES:

- SODA, REGULAR OR DIET
- ENERGY DRINKS
- SUGAR-SWEETENED JUICE
- SWEETENED COFFEE AND TEA BEVERAGES

LIVE FIERCE. BE WELL. SPONSOR:

