

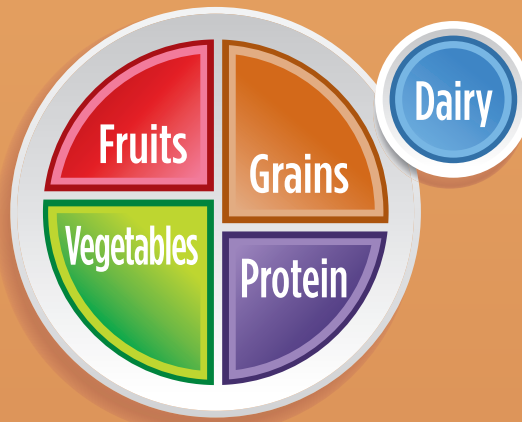


SUPPORT HEALTHY AND HUNGER-FREE COMMUNITIES

Donations of non-perishable, staple food items are an important complement to fresh produce donated by farmers, community gardens, grocery retailers and others.

FRUITS & VEGETABLES

- Low sodium canned vegetables
- Diced tomatoes
- Tomato sauce
- Canned fruit in juice, water or light syrup
- Unsweetened apple sauce
- Shelf-stable fruit cups in juice
- Raisins



DAIRY

- Dry milk (low fat)
- Evaporated milk (2%)
- Shelf-stable milk (1%)

GRAINS

- Whole wheat pasta
- Whole grain crackers
- Cereals: oatmeal, grits, raisin bran and other whole grain cereals
- Brown rice
- High fiber, low sugar granola bars

PROTEINS

- | | |
|----------------------------------|-----------------------|
| Dried or low-sodium canned beans | Canned chicken |
| Canned tuna in water | Low sodium bean soups |
| Canned salmon | Peanut butter |

THANK YOU For Your Support!

hungernwnc.org

#FeedingCommunity #FeedingHealth

