

# WHAT SHOULD I DONATE TO A FOOD DRIVE?

- Canned Fish and Lean Meats
- Healthy Soups and Stews
- Dry or Canned Beans
- Whole Grain Pasta, Rice and Cereal
- Canned Fruits and Vegetables
- Peanut Butter and other Nut Butters

*Healthy bodies and minds require nutritious meals to thrive! When choosing items to donate, keep nutrition in mind to help ensure the good health of those in need.*

