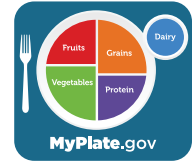


Nutrition ~~Food~~ Drive!



LISTED BELOW ARE HEALTHFUL FOOD DONATIONS WE PREFER TO HAVE AT OUR PANTRY.

GRAINS

- ☐ 100% Whole grain bread
- ☐ Whole grain cold cereal,
<7g sugar/serving
- ☐ Rolled oatmeal
- ☐ Hot cereal, <7g sugar/serving
- ☐ Barley
- ☐ Low-fat/low-sugar granola bars
- ☐ 100% Whole wheat pasta
- ☐ Brown or wild rice
- ☐ Quinoa
- ☐ Whole wheat crackers
- ☐ _____
- ☐ _____
- ☐ _____

FRUITS

- ☐ Canned fruit in water or
natural juices
- ☐ Fruit cups in water or natural
juices
- ☐ No-sugar-added apple sauce
- ☐ Dried fruit
- ☐ Shelf stable fresh fruits such as
apples, oranges, pears
- ☐ 100% juice
- ☐ _____
- ☐ _____
- ☐ _____

VEGETABLES

- ☐ No salt added canned vegetables
- ☐ Low-sodium vegetable juice
- ☐ Shelf stable fresh vegetables
such as tomatoes, onions, sweet
potatoes
- ☐ No-salt-added canned tomatoes
- ☐ _____
- ☐ _____
- ☐ _____

MEATS & PROTEINS

- ☐ Low-sodium canned chicken
- ☐ Canned tuna in water
- ☐ Canned salmon in water
- ☐ Unsalted nuts and seeds
- ☐ Peanut butter
- ☐ No-salt-added canned beans
- ☐ Dried beans/peas
- ☐ Low-sodium beef stew, chili or
bean soup
- ☐ _____
- ☐ _____
- ☐ _____

DAIRY

- ☐ Powdered milk
- ☐ UHT Shelf stable milk
- ☐ _____
- ☐ _____
- ☐ _____

OTHER

- ☐ Bottled water
- ☐ Low-sodium chicken, beef, or
vegetable broth
- ☐ Olive oil
- ☐ Canola oil
- ☐ _____
- ☐ _____
- ☐ _____

FOR OUR FRIDGE/FREEZER

- ☐ 100% juice
- ☐ Eggs
- ☐ 90% lean ground beef
- ☐ No-salt-added white meat chicken
and turkey
- ☐ Low-sodium, lean pork and ham
- ☐ 1% and skim milk
- ☐ Low-fat yogurt
- ☐ Low-fat cottage cheese
- ☐ Fresh whole fruit
- ☐ Fresh whole vegetables
- ☐ No-sugar-added frozen fruit
- ☐ No-salt/sauce-added frozen
vegetables
- ☐ _____
- ☐ _____
- ☐ _____

Access to healthy food is integral for food security.

Poor nutrition is associated with more than half a million deaths per year and increased risk of obesity, diabetes, and heart disease. It has broader impacts including higher health care costs and decreased productivity.

Nutrition security is being highlighted as a national agenda in 2022. Nutrition security means all Americans have consistent access to the safe, healthy, affordable foods essential to optimal health and well-being. Nutrition security builds on food security by focusing on how the quality of our diets can help reduce diet-related diseases.

*Information from the United States Department of Agriculture (USDA).



Evidence-based health material brought to you by Nebraska Extension.