

Dear Food Drive Donor,

Many of our clients who struggle to afford food are vulnerable to diet-related chronic diseases including diabetes and heart disease. To address this, we are running a healthy food drive to stock our shelves with more nutritious foods. Help us support the health of low-income New Yorkers by increasing the amount of healthy foods you donate and limiting donations of less nutritious foods.

**Please consider giving more of the following foods:**

#### **Milk and Milk Substitutes**

- **Low-fat shelf-stable, powdered, or evaporated milk**
- **Soy milk – unflavored**

#### **Whole Grains**

(first ingredient should say the word “whole” wheat, corn, etc.)

- **Cold cereal – low-sugar, high-fiber**  
(toasted oats, bran flakes, shredded wheat)
- **Hot cereal – no sugar**  
(oatmeal, cream of wheat, grits)
- **Brown or wild rice**
- **Whole-wheat pasta**  
(including whole-wheat couscous)
- **Quinoa**

#### **High-Protein Foods**

- **Canned/shelf-stable meat/fish – packed in water, low-sodium**  
(chicken, tuna, salmon, mackerel, sardines)
- **Canned beans – low-sodium**
- **Dried beans/peas**  
(black, pinto, kidney, lentils, split peas)
- **Nuts/seeds**  
(almonds, peanuts, sunflower seeds, pumpkin seeds)
- **Nut butters**  
(peanut butter, almond butter)

#### **Vegetables and Fruit**

- **Canned vegetables, low- or no-salt added**  
(mixed greens, carrots, green beans, mixed vegetables, peas, corn, etc.)
- **Canned fruit – no sugar added**  
(packed in juice or water)
- **Applesauce – no sugar added**
- **Dried fruit – no sugar added**
- **100% fruit juice**

#### **Other**

- **Canned spaghetti/tomato sauce or other tomato products, low- or no-salt added**
- **Salsa, low-sodium**

#### **Please limit donations of:**

##### **x Sugary drinks**

(soda, fruit-flavored drinks, energy/sports drinks, sweetened teas)

##### **x Candy**

##### **x Unhealthy snacks**

(chips, cookies, and other foods high in fat, sodium, sugar, calories)

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**Please do not donate: rusty or unlabeled cans, food in glass jars, homemade items, noncommercial canned or packaged items, open or used items and alcoholic beverages.**

**For more information, please contact:** \_\_\_\_\_

**Thank you! We appreciate your generosity.**