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:
- Sugary drinks (soda, fruit-flavored drinks, energy/sports drinks, sweetened teas)
- Candy
- Unhealthy snacks (chips, cookies, and other foods high in fat, sodium, sugar, calories)

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.