

# Stamp Out Hunger

FOOD DRIVE

SATURDAY  
MAY 11, 2019



**FILL YOUR BAG**  
with diabetes-friendly food items

## □ MEAT, BEANS & NUTS

- Canned chicken, tuna or salmon
- Dry or canned beans (no salt added)
- Nuts (unsalted or lightly salted)
- Peanut butter

## □ WHOLE GRAINS

- Brown rice (no salt added)
- Whole grain crackers
- Whole grain pasta
- Popcorn (light or fat free)
- Whole grain cereal (low in sugar)

## □ SEASONINGS

- Black pepper
- Chili powder
- Garlic powder
- Onion powder or flakes
- Seasoning mixes (salt-free)

## □ VEGETABLES & FRUIT

- Canned fruit (in 100% juice or light syrup)
- Canned vegetables (no salt added)
- Pasta sauce
- Salsa
- Soup with vegetables (low sodium)



**HEALTHY  
SHELVES** Food Drive

HealthyShelves.org

*Healthy Shelves* materials and recipes are developed through a partnership of Mount Mary University Dietetics Department, Extension Waukesha County FoodWise program and the National Kidney Foundation of Wisconsin.