



## HEALTHY SHELVES Food Drive

Please  
DONATE



FOOD  
DRIVE

WHEN:

WHERE:

PROUD TO SUPPORT:



Revised 10/2018

## Support Our Food Pantry

### □ WHOLE GRAINS

- Barley
- Brown rice
- Crackers (whole grain)
- Pasta (whole grain)
- Popcorn (light)
- Cereal (whole grain)

### □ VEGETABLES & FRUIT

- Soup with vegetables (low sodium)
- Canned vegetables (reduced sodium)
- Pasta sauce
- Raisins
- Canned fruit (in 100% juice)
- Juice (100% vegetable or fruit)

### □ MEAT, BEANS & NUTS

- Canned chicken, tuna, or salmon
- Dry or canned beans
- Nuts (unsalted)
- Peanut butter

### □ SEASONINGS

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



HealthyShelves.org

Find diabetes-friendly recipes and other materials at [HealthyShelves.org](https://www.healthyshelves.org)

Healthy Shelves is a partnership of the Mount Mary University Dietetics Department, Waukesha County UW-Extension FoodWise program and the National Kidney Foundation of Wisconsin.