

Make it tasty this season!

GIVE THE GIFT OF FLAVOR

Donate seasonings, spices or sauces to your local food pantry

Food Drive Shopping List

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|---------------------|------------------------|
| Apple Cider Vinegar | Mustard |
| Balsamic Vinegar | Onion Powder or Flakes |
| Black Pepper | Olive Oil |
| Canola Oil | Parmesan Cheese |
| Chili Powder | Poultry Seasoning |
| Cinnamon | Pumpkin Pie Spice |
| Cumin | Salsa |
| Garlic Powder | Tomato Paste |
| Ginger | Vanilla Extract |
| Italian Seasoning | Vegetable Oil |
| Low-fat Mayo | Worcestershire Sauce |



Recipes filled with flavor can make the holidays healthy and delicious for your neighbors. Find delicious, diabetes-friendly recipes and tips to host a Healthy Shelves Food Drive. Visit www.healthyshelves.org

HealthyShelves.org content is developed through a partnership of the Mount Mary University Dietetics Department, Waukesha County UW-Extension FoodWise program, and the National Kidney Foundation of Wisconsin.