

SPRUCE IT UP!

DONATE SEASONINGS, SPICES OR SAUCES TO YOUR LOCAL FOOD PANTRY THIS HOLIDAY SEASON.



Recipes filled with these **FLAVORS** can make the holidays **HEALTHY** and **DELICIOUS** for your neighbors.

FOOD DRIVE SHOPPING LIST

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



Wisconsin Healthy Shelves is dedicated to employers, faith communities, schools, community leaders, and individuals who support local food pantries. Learn more at 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.

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