

# GOOD FOOD FOR OUR COMMUNITY

## TWO WAYS TO GET INVOLVED

### 1. GIVE HEALTHY FOOD TO OUR FOOD BANK PROGRAM

The following foods are nutritious and staple items, which make up the core of what we give out. **Please avoid unhealthy snacks such as candy, cookies, chips, etc.**



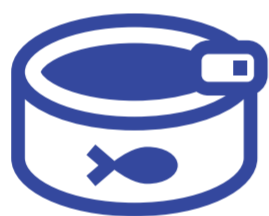
**Canned or dried beans, lentils, and legumes**



**Rice**  
(especially brown)



**Whole grains** (oats, barley, couscous, bulgur, quinoa, millet, etc.)



**Canned fish** (tuna, salmon, sardines, etc.)

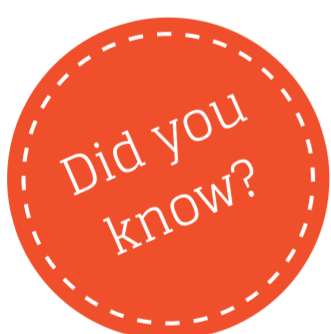


**Canned tomatoes and tomato sauce**



**Pasta**  
(especially whole grain)

### 2. SUPPORT OUR HEALTHY FOOD PROGRAMS



**Donating money allows us to deepen our impact.**

Donating food may be the first idea we get when we think of how to help.

Did you know we can stretch your donation further?

For example:

**\$10**

Donation

=

**\$30**

worth of food  
at wholesale price

OR

We can **provide**

**4 days**

worth of healthy  
snacks for **5 children**

