



## HEALTHY FOOD DRIVE

*Thank you for helping us nourish our community with healthy, nutritious food!!*

**Canned or Dried Beans:** black, kidney, garbanzo, navy, white northern

**Dried Lentils:** brown, red, green

**Canned Vegetables (low sodium):** corn, beans, peas, spinach, diced tomatoes, tomato sauce, coconut milk

**Grains:** quinoa, brown or black rice, oats (old fashioned), whole grain or gluten-free pasta, whole grain or gluten free bread

**Plant Proteins:** tofu, tempeh, hempeh, plant-based yogurts (almond, coconut, etc)

**Soups/Broth:** organic soup (organic, if possible), vegetable broth

**Condiments:** extra virgin olive oil, unrefined coconut oil, raw apple cider vinegar, balsamic vinegar, salsa, whole grain or dijon mustard, olives

**Snacks:** gluten-free crackers, trail mix, nuts, seeds, low sugar granola bars (less than 8 grams sugar/bar), dried fruits

**Nut Butters:** almond butter, natural peanut butter, tahini, sunflower butter (limited ingredients, no sugar added)

**Beverages:** shelf-stable unsweetened non-dairy milk (almond, coconut, flax, soy, etc), seltzer water, low sugar coconut water (less than 10 grams/serving)

**Cereals (void of high fructose corn syrup):** whole grain, less than 8 grams sugar/serving,  
Optional: Organic/Gluten Free