

# A HEALTHIER food drive!

Because nutrition matters...

Support a healthier food drive for those in need! Consider donating items that are:



Low Sodium



Low Sugar



High Fiber



High Protein

## Top 10, Most Needed Items

1. Peanut or Sunflower Seed Butter (natural)
2. Canned Vegetables (low sodium)
3. Bagged Rice (brown or long grain preferred)
4. Canned Fruit (packed in water or juice) OR Natural Applesauce
5. Dried or Canned Beans (low sodium)
6. Whole Grain Cereal (low sugar)
7. Canned or Boxed Soup (low sodium)
8. Whole Grain Pasta
9. Canned Meats & Fish (in water)
10. Healthy Snacks (such as low sugar granola bars, raw nuts, dried fruit)

Give with ♥!

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