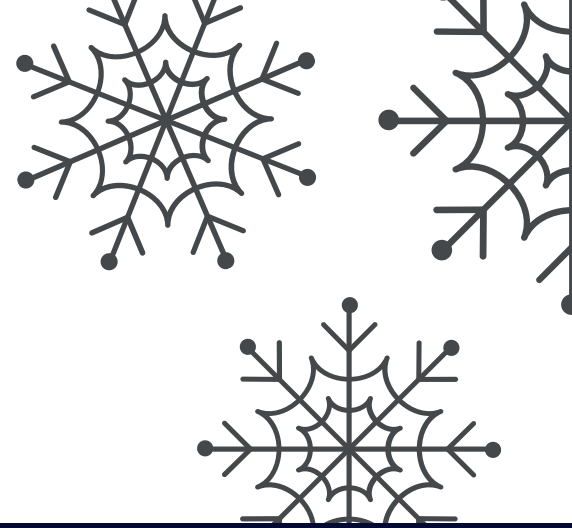


Holiday Food Drive



Join our Food Pantry this holiday season in nourishing our neighbors by donating shelf stable items from the five MyPlate food groups

The following items are especially needed this time of year to make sure everyone has a happy and healthy holiday season.



PROTEIN

- Unsalted or lightly salted nuts
- Low-sodium broth
- Ham
- Turkey
- Canned meat (ham, tuna, chicken)



VEGETABLES

- Black olives
- Canned yams, sweet potatoes, corn, green beans
- Boxed instant mashed potatoes



GRAINS

- Flour
- Whole grain pasta
- Whole grain bread
- Pie shells
- Boxed stuffing mix



FRUITS

- Canned fruit in water, light syrup, or 100% juice
- 100% fruit juice
- Canned pineapple, cranberry sauce, pumpkin
- No-sugar-added jam or jelly



DAIRY

- Shelf-stable low-fat dairy, soy, almond, or rice milk



PANTRY STAPLES

- | | |
|---------------|----------------------|
| Pepper | Pumpkin pie spice |
| Garlic powder | Low sodium broth |
| Onion powder | Brown or white sugar |
| Nutmeg | Canola or olive oil |
| Vanilla | Gravy mix packages |
| Cinnamon | |