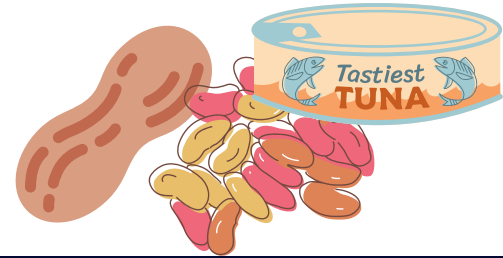


Protein Power Food Drive



Join our Food Pantry in nourishing our neighbors by donating shelf stable protein foods

Foods that are higher in protein help keep bellies feeling full and nourished!

NUTS & SEEDS

- Pumpkin, sunflower, chia seeds
- Unsalted or lightly salted nuts
- Unsalted or lightly salted trail mix
- Nut butters: peanut, almond, or cashew with less than 230 mg sodium & 4 g sugar per serving

CANNED MEAT, POULTRY, & FISH

- select these items canned in water
- Chicken
- Tuna
- Salmon
- Tofu



BEANS & MORE

- Low sodium canned beans
- Low sodium canned chickpeas
- Dried beans
- Dried peas*
- Dried chickpeas
- Lentils

OTHER*

- Shelf stable or powdered milk
- Protein powder
- Protein bars
- Quinoa
- Baked cheese crisps
- Low-sodium canned soup, stew, or chili



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