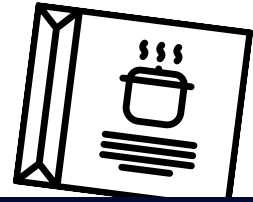


Soup & Boxed Meals Food Drive



Join our Food Pantry in nourishing our neighbors by donating healthier shelf stable soups and boxed meals

Use the guide below to help find healthier options. Check the nutrition facts label to find saturated fat and sodium!

SOUPS & BOXED MEALS

- Low sodium canned soups or stews
- Macaroni and cheese
- Pasta or rice mixes
- Tuna or hamburger helper
- Stuffing mixes
- Instant mashed potatoes

Less than 3 g Saturated Fat

Less than 480 mg Sodium

| Nutrition Facts | |
|--------------------------------------|-----------------------|
| 4 servings per container | |
| Serving size 1 1/2 cup (208g) | |
| Amount Per Serving | |
| Calories | 240 |
| | % Daily Value* |
| Total Fat 4g | 5% |
| Saturated Fat 1.5g | 8% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 5mg | 2% |
| Sodium 430mg | 19% |
| Total Carbohydrate 46g | 17% |
| Dietary Fiber 7g | 25% |
| Total Sugars 4g | |
| Includes 2g Added Sugars | 4% |
| Protein 11g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 6mg | 35% |
| Potassium 240mg | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.