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)

Calories 240

- Total Fat 4g 5%
  - Saturated Fat 1.5g 8%
  - Trans Fat 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

* 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.

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