

# 2023 TRI-COUNTY HUNGER WALK

PEORIA | TAZEWELL | WOODFORD

FOOD SHOULD NOT BE AN IMPOSSIBLE CHOICE

TAKE STEPS TO  
END HUNGER!



For tens of millions of people in America, a daily meal...is a choice between food and other crucial needs—like medicine, electricity, or childcare.  
-Feeding America



**SEPTEMBER 30 @ 9 AM**

**REGISTER BY SEPTEMBER 25TH**

**OSF CENTER FOR HEALTH**

**8600 ILLINOIS, IL-91**

**PEORIA, IL 61615**

WALK ENTRY FEE: A HEALTHY SHELF-STABLE FOOD ITEM PER WALKER.  
DONATED FOOD WILL BE DISTRIBUTED TO A LOCAL FOOD PANTRY.

Registration Link: [go.illinois.edu/walk2023](https://go.illinois.edu/walk2023)



SCAN TO  
REGISTER





Support your local food pantries by donating the following nutritious foods!

## Fruits

### Canned

- Mandarin Oranges
- Peaches
- Pineapple
- Pears
- Mixed Fruit

### Other

- Fruit Cups
- Applesauce
- Raisins/Dried Fruit
- 100% Fruit Juice



## Vegetables

### Canned

- Carrots
- Peas
- Corn
- Mixed Vegetables
- Tomatoes
- Canned Soups
- Spaghetti Sauce

### Other

- Dried/Dehydrated Vegetables, no fat added
- 100% Vegetable Juice



## Dairy

- Shelf-stable Lowfat Milk
- Evaporated Milk
- Powdered Milk



## Whole Grains

- High Fiber/Low Sugar Cereal
- Whole Grain or Corn Torillas
- Whole Grain Bread
- Brown or Wild Rice
- Old-Fashioned Oatmeal
- Whole Grain Crackers
- Whole Grain Pasta
- Couscous
- Quinoa



## Proteins

- Canned Tuna (in water)
- Canned Salmon (in water)
- Canned Chicken (in water)
- Unsalted Nuts & Seeds
- Low Sodium Nut Butters
- Trail Mix
- Canned Beans
- Low Sodium Meat Jerky



Look for pop-top cans or pouches!

## Food is Medicine!

Green light foods have nutrients to keep your body healthy.

