

2022 TRI-COUNTY HUNGER WALK

PEORIA | TAZEWELL | WOODFORD

FOOD SHOULD NOT BE AN IMPOSSIBLE CHOICE

TAKING 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 23 @ 6 PM

REGISTER FOR 1 OF 3 LOCATIONS

- FOREST PARK NATURE CENTER - PEORIA COUNTY
- PEKIN LAGOON - TAZEWELL COUNTY
- BLACK PARTRIDGE - WOODFORD COUNTY



Scan here to
register for the
Hunger Walk

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/walk2022

Questions? Email: RACRUMRI@ILLINOIS.EDU or call 309.347.6614

8/2022

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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 Tortillas
- ☐ Whole Grain Bread
- ☐ Brown or Wild Rice
- ☐ Old-Fashioned Oatmeal
- ☐ Whole Grain Crackers
- ☐ Whole Grain Pasta
- ☐ Couscous
- ☐ Quinoa



Proteins

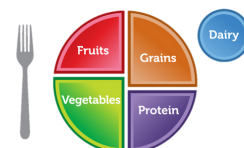
- ☐ Canned Tuna (in water)
- ☐ Canned Salmon (in water)
- ☐ Canned Chicken (in water)
- ☐ Unsalted Nuts & Seeds
- ☐ Low Sodium Nut Butters
- ☐ Trail Mix
- ☐ Canned Beans
- ☐ Low Sodium Meat Jerky



 Look for pop-top cans or pouches!

Food is Medicine!

Green light foods have nutrients to keep your body healthy.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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