



# 5<sup>th</sup> Annual Get Healthy CT National Dance Day Celebration

Free  
Family  
Event!!

**SATURDAY,  
July 29  
10:00 AM-1:00 PM**

**Paradise Green in Stratford**  
(Corner of Main St & Huntington Rd)



Raffle  
Prizes &  
Dancing!

**Featuring demonstrations by local dance studios, raffle drawings,  
health and wellness vendors, lots of dancing & much more!**

**Rain Location:** The Star Factory, 3520 Main Street, Stratford

**Please bring a healthy food donation item to  
benefit a local food pantry.**

**See the donation list on the back of this flyer for  
healthy food donation ideas.**

Visit [www.GetHealthyCT.org](http://www.GetHealthyCT.org)



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**facebook.**



## Recommended Healthy Foods List for Food Donations



Do you know, in Connecticut over 734,000 residents live below the poverty level and 1 in every 8 people struggles with hunger. Often these people rely on food pantries and soup kitchens to provide them with food on a regular basis. To feed those in need, local feeding programs rely on donations which are often processed foods, high in salt and sugar, but not nutrition. Poor diet and limited food choices can ultimately lead to poor health outcomes to those already struggling in their everyday lives. Together, we can make a difference in the health of our communities by encouraging healthier food donations.

### Protein

- Natural peanut butter (2g or less saturated fat)
- Unsalted, dry roasted nuts or seeds
- Low-sodium or no salt added canned or dried beans, peas, lentils
- Canned tuna, salmon or chicken in water

### Whole Grains

- Whole grain crackers, tortillas, corn tortillas (3g or more fiber)
- Whole grain or whole wheat pasta
- Brown rice, wild rice or low-sodium packaged rice
- Whole grain, low sugar cereal (less than 6g of sugar, 3g or more fiber)

### Vegetables

- Low-sodium or no-salt added canned vegetables
- Low-sodium spaghetti sauce (less than 481mg sodium, less than 8g of sugar)
- Pasta and sauce, canned (less than 481mg sodium, less than 8g of sugar)
- Vegetable soups or stews (less than 480mg sodium)

### Fruit

- Canned fruit packed in 100% fruit juice or water
- Unsweetened dried fruit (such as raisins, not fruit leather or roll ups)
- Unsweetened apple sauce
- 100% fruit spread
- 100% fruit juice

### Other

- Vegetable, olive, or canola oil
- Shelf-stable low-fat or fat free milk (such as Parmalat)
- Non-creamy salad dressings/vinegar (lite)
- Popcorn kernels or microwavable popcorn 94% fat free
- Unsweetened cooked cereals: oatmeal, whole grain cream of wheat
- Dried herbs and spices
- Tea bags, coffee, water, seltzer

**For more information, please visit [GetHealthyCT.org](http://GetHealthyCT.org)  
Let's work together to help make the healthy choice the easy choice!**