



Community Food Drive

Help celebrate National Public Health Week 2018 by supporting food pantries in two local communities!

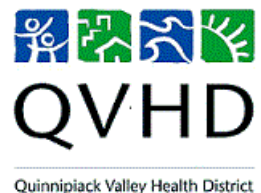
Collecting Donations on Saturday, April 14 from 9 AM—2 PM at two locations:

ShopRite Hamden-2100 Dixwell Avenue

ShopRite Milford- 935 Boston Post Road

All food collected will be donated to a food pantry in the town where it was received.

See other side for some helpful ideas on items to donate!



Healthy Food Donation List

Choose Healthy  Eat Well



Fruits

- Canned fruit in 100% fruit juice or water
- Applesauce, unsweetened
- Dried fruit, such as raisins & prunes
- 100% fruit juice



Use the nutrition facts label to determine how much:

- Saturated Fat
- Sodium
- Dietary Fiber
- Sugar

Vegetables

- Canned vegetables, no salt added (Sodium 140mg or less)
- Canned tomatoes, no salt added (Sodium 140mg or less)
- Tomato sauce, no salt added (Sodium 480mg or less, Sugar 8g or less)
- Spaghetti sauce, low sodium (Sodium 480mg or less, Sugar 8g or less)
- Salsa (Sodium 140mg or less)



Whole Grains

- Whole grain or whole wheat pasta
- Brown rice, wild rice or quinoa
- Oatmeal or whole grain cream of wheat, unflavored
- Whole grain crackers (Fiber 3g or more)
- Whole wheat or corn tortillas, non-refrigerated (Fiber 3g or more)
- Whole grain cereal (Sugar 6g or less, Fiber 3g or more)
- Popcorn, kernels or microwave 94% fat free



Dairy

- 1% Low fat or fat free milk, shelf-stable (such as Parmalat), dry, evaporated
- Soy milk, non-refrigerated, unsweetened



Combination Foods

- Soups, stews or chili (Sodium 480mg or less)
- Broth or stock, unsalted, or low sodium (Sodium 140mg or less)
- Mac & cheese, whole grain



Proteins

- Peanut butter
- Canned beans, peas, lentils, no salt added or low sodium (Sodium 140mg or less)
- Dried beans, peas, lentils
- Canned tuna, salmon, chicken or sardines in water, low sodium
- Nuts or seeds, unsalted



Beverages

- Tea bags
- Coffee
- Water, seltzer, unsweetened



Condiments & Oils

- Lite salad dressings
- Vinegar
- Vegetable, olive, or canola oil
- Dried herbs and spices
- 100% fruit spread



Helpful Hints:

- Choose pop-top lids
- Check food expiration dates



This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP. SNAP helps low income people buy nutritious food for a better diet. To get more information contact the CT Department of Social Services at 1- (855) 626-6632 or www.ct.gov/dss. USDA does not endorse any products, services, or organizations. Provided by Department of Public Health. This institution is an equal opportunity provider. Inspired by: <https://www1.nyc.gov/assets/doh/downloads/pdf/public/donation-checklist.pdf>