

# How Can You Help Our Local Families in Need?



Donating to local pantries is a way you can help. Many families in our area are currently out of work with their jobs being identified as non-essential during our efforts to control the spread of COVID-19. Eat Smart Idaho works with many of our local pantries and have learned that they are busier than ever. Please consider donating items from this Healthy Donation List. Thank you in advance for your kindness and dedication to our community.

Sincerely,

Your Eat Smart Idaho Team



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## HEALTHY FOOD DRIVE DONATION LIST

Many families who need the support of food banks want and need to eat a healthier diet. Healthy fruit and vegetables, whole grains, high quality proteins and low-fat dairy sources are being requested. Consider donating from this healthy food list.

### ✓ GRAINS

- Whole-grain cereal and rolled oats with at least 3g of fiber and low in sugar (oatmeal, Cheerios, Shredded Wheat)
- Whole grain crackers and tortillas
- Whole grain pasta, brown rice, or quinoa

### ✓ FRUIT + VEGETABLES

- Any canned fruits packed in juice or water
- Any low or no sodium canned vegetables
- Dried fruits (no added sugar)
- Pasta sauce (no sugar added)

### ✓ MEATS + PROTEINS

- Canned meat (in water and low-sodium, chicken, salmon, tuna)
- Peanut butter (natural, no added sugars)
- Dried or canned beans (low-sodium or no salt added varieties)

### ✓ DAIRY

- Shelf stable non fat or 1% milk
- Shelf stable calcium fortified dairy alternatives such as almond, soy (non-flavored), or rice milks

## COMBINATION FOODS

- Low- or no salt-added canned and shelf-stable soups, stews and broths with less than 480 mg of sodium and less than 3 g of saturated fat

**Questions about the list:** Contact Eat Smart Idaho at (208)446-1680.

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