

# NOURISH YOUR NEIGHBOR YOUR

A Healthy Food Drive Initiative

Please consider donating:

NO-SUGAR ADDED

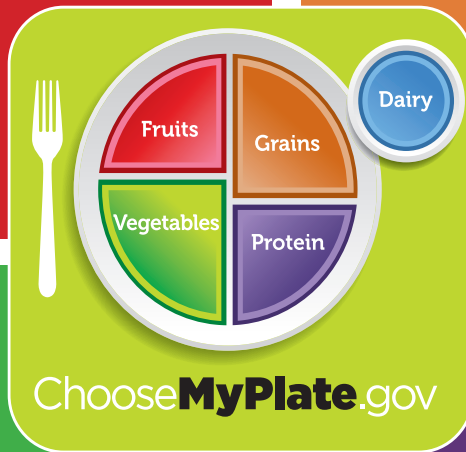
Raisins/Dried Fruit  
Applesauce  
Fruit Cups  
Canned Fruit

Shelf-Stable Milk  
(Evaporated, Powdered, Soy)

LOW-FAT

Barley  
Brown Rice  
Rolled Oats  
Whole-Grain Pasta

WHOLE-GRAINS



LOW-SODIUM

Salsa  
Canned Vegetables  
Canned Soups  
Tomato Sauce  
100% Vegetable Juice

Canned Tuna & Chicken (in water)  
Dried Beans  
Unsalted Nuts  
Peanut/Nut Butters

LEAN PROTEIN

   Connect with us @EatSmartNYHV

Share your donation, and food drive pictures #nourishyourneighbor

**Cornell Cooperative Extension**  
Eat Smart New York Hudson Valley



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish, call NYS hotline (800) 342-3009 or go to myBenefits.ny.gov.