

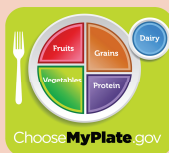
NOURISH YOUR NEIGHBOR

A Healthy Food Drive Initiative

SAMPLE SHOPPING LIST

FRUITS (No-Sugar Added)

- Raisins/Dried Fruit
- Applesauce
- Fruit Cups
- Canned Fruit



VEGGIES (Low-Sodium)

- Salsa
- Canned Vegetables
- Canned Soups
- Tomato Sauce

GRAINS (Whole-Grains)

- Barley
- Brown Rice
- Rolled Oats
- Whole-Grain Pasta

PROTEIN (Lean Protein)

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

DAIRY (No-Fat or Low-Fat)

- Powdered or Evaporated Milk
- Shelf-Stable Soy Milk

OTHER

- Baby Food
- Tea/Coffee



@eatsmartnyhv, #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.