

# Healthy Food Drive

## WE NEED THESE NUTRITIOUS FOODS...



Shelf-stable  
low-fat milk  
(evaporated,  
powdered, soy)



Brown rice  
Quinoa  
Whole-grain pasta  
High-fiber/Low-sugar cereal  
Whole-grain crackers  
Oatmeal  
Couscous



Fruit canned in 100% juice  
Applesauce  
Baby food - fruits and vegetables  
100% Juice  
Canned vegetables (low sodium)  
Dried fruit (no added sugar)  
Natural jams & jellies  
Low sodium tomato sauce



Canned tuna  
Canned salmon  
Canned chicken  
Nuts & seeds  
Dried beans  
Canned beans (low sodium)  
Canned sardines  
Natural peanut butter  
Other nut butters

### Other Items

Low sodium condiments  
and seasonings  
Fat-free pudding  
Low sodium soup broths  
Olive, canola and  
sesame seed oil

### Hint:

Look for "no added salt or sugar,  
whole grains & high fiber"

— Keep Your Donations Local —  
Support Food Pantries in St. Mary's County!

Healthy Food Drive Tips Provided by the  
Healthy Eating & Active Living (HEAL) team of the Healthy St. Mary's Partnership



For more information, contact: [stmaryspartnership@gmail.com](mailto:stmaryspartnership@gmail.com)