

# Healthy Food Drive

Sponsored by  
The Healthy Eating & Active Living (HEAL) Action Team  
of the Healthy St. Mary's Partnership

**Thursday, September 19, 2019 from 8:30 a.m. – 3:00 p.m.**

2019 HSMP Annual Meeting  
University System of Maryland at Southern Maryland  
[www.healthystmarys.com/hsmpannual2019](http://www.healthystmarys.com/hsmpannual2019)

## WE NEED THESE NUTRITIOUS FOODS...



*Dairy*

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



*Grains*

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



*Fruits &  
Vegetables*

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



*Proteins*

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"

*Your Donations Support Local Food Pantries!*

For more information or to participate as a pantry, contact:  
[stmaryspartnership@gmail.com](mailto:stmaryspartnership@gmail.com)

