

Healthy Food Drive

Sponsored by
Healthy St. Mary's Partnership

Thursday, September 28, 2023, 8:30 AM - 4:00 PM

2023 HSMP Annual Meeting
USM at Southern Maryland

healthystmarys.com/hsmpannual2023

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

