

# Healthy Food Drive

Sponsored by  
Healthy St. Mary's Partnership

## 2024 St. Mary's County Easter Egg Festival

Saturday, March 23, 2024

10:30 a.m. - 3:00 p.m.

### 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)

