

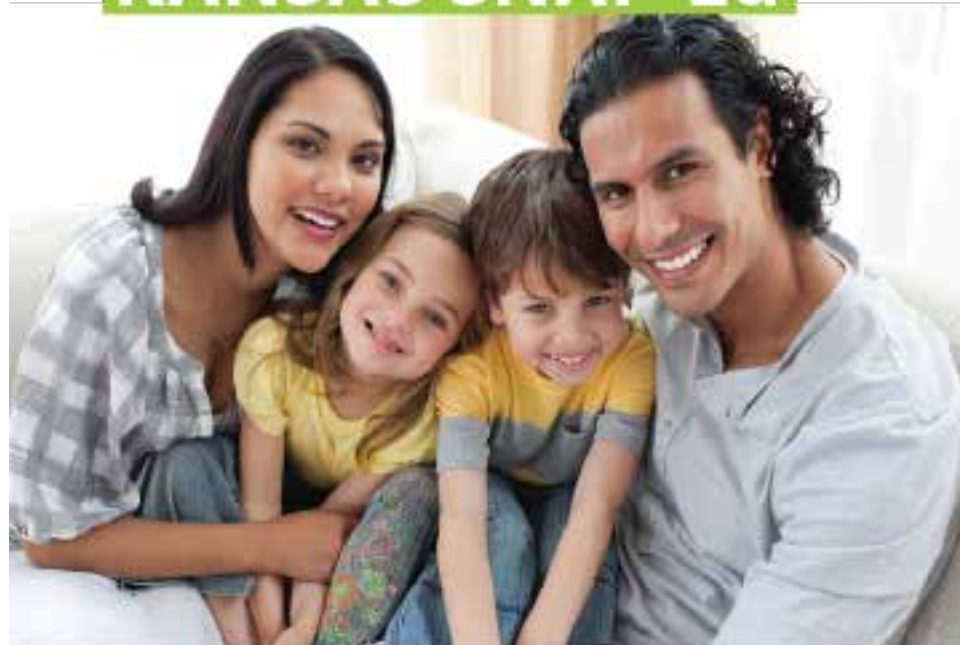
KANSAS SNAP-Ed



Give the **GIFT OF HEALTH** by providing nutrient-rich, non-perishable food items to **PEOPLE IN NEED**. On the back of this card is a **SHOPPING LIST** of the most needed items to help you choose the healthiest food to **DONATE!**



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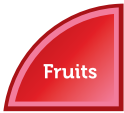

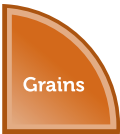




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**Before you give to your local pantry,
think about filling a healthy plate.**

Food Group	Suggested Non-Perishable Items
	<p>Canned in light syrup or juice; dried:</p> <ul style="list-style-type: none"> - peaches - fruit cocktail - oranges - pears - applesauce - apples - cranberries (canned/dried) - raisins - pineapple - 100% fruit juice
	<p>Low sodium canned:</p> <ul style="list-style-type: none"> - corn - peas - carrots - beets - green & wax beans - mixed vegetables - sweet potatoes/yams - tomatoes and tomato sauces - soup
	<p>Healthful Grains:</p> <ul style="list-style-type: none"> - whole-grain crackers - brown rice - whole grain pasta - whole-grain breakfast cereal - whole wheat flour - cornmeal - oatmeal - granola bars
	<p>Protein Foods:</p> <ul style="list-style-type: none"> - canned or dried beans: kidney, navy, garbanzo, pinto, great northern, black - canned tuna or salmon (water packed) - canned chicken - nuts: walnuts, pecans, peanuts, almonds - nut butters
	<p>Dairy:</p> <ul style="list-style-type: none"> - nonfat dry milk - evaporated milk - shelf-stable (UHT) milk

For individuals with limited kitchen access:

- single-serve, canned pull-tab foods such as fruits, vegetables, pastas, stews, chili, beanie-weenies, ravioli, meats such as Vienna sausages, chicken and noodles, pasta with meat, etc.
- individual 100% juice boxes

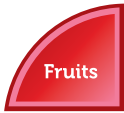




**Contact your local food pantry to find out what other items they may need.
Consider gluten-free, dairy-free, nut free items as well.**

THANK YOU FOR YOUR DONATION!

**YOUR NEIGHBORS WILL EAT HEALTHIER WHEN YOU
DONATE FOODS BASED ON MyPlate.**



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