

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!**





K-STATE This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.







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

| Food Group | Suggested Non-Perishable Items |
|------------|--|
| Fruits | Canned in light syrup or juice; dried: - peaches - fruit cocktail - oranges - pears - applesauce - apples - cranberries (canned/dried) - raisins - pineapple - 100% fruit juice |
| Vegetables | Low sodium canned: - corn - peas - carrots - beets - green & wax beans - mixed vegetables - sweet potatoes/yams - tomatoes and tomato sauces - soup |
| Grains | Healthful Grains: - whole-grain crackers - brown rice - whole grain pasta - whole-grain breakfast cereal - whole wheat flour - cornmeal - oatmeal - granola bars |
| Protein | Protein Foods: - 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 |
| Dairy | Dairy: - 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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