



FOOD DRIVE 2017

WHY DONATE HEALTHY FOOD?

1. Healthy food donations allow our pantries to put funding into programs that address root issues of poverty – financial classes, job readiness programs, nutrition and cooking classes, community gardens, and more.
2. Donations of store, farm, and market-bought food ensures that pantry goers are getting the best food possible – food you would feed your own family.
3. Low-income populations have higher rates of diabetes and other diseases related to food. By donating whole and healthy food items, we can directly address health disparities and create good health for all members of our community.
4. By purchasing at retail sites we are supporting local economy, building jobs, and stimulating our local food system.
5. By picking out healthy food, your children can learn the importance of giving back and of giving nourishing food that creates good health.

Step 1: Fill a grocery bag with healthy food items

Step 2: Go to accessofwestmichigan.org to find a donation site

Step 3: Drop off your donation during the month of October to: _____

MOST NEEDED FOOD ITEMS:

- Fruits & vegetables (low/ no sugar/ sodium)
- Bagged/ Canned Beans and Lentils
- Whole grains (rice, quinoa, rolled oats, snack bars)
- Low/ no sodium soup
- No salt/ sugar veggie, beef and chicken broths
- Canned meats in water (stew, chicken, salmon)
- Whole grain, fiber cereal (no sugar)
- Whole grain pasta and no sodium tomato sauce
- Coconut oil, olive oil, herbs and spices
- Non-hydrogenated, sugar free nut butters
- Gluten free items
- Unsalted seeds or nuts

MOST NEEDED NON-FOOD ITEMS:

- Hygienic items (shampoo, toothpaste, deodorant)
- Household Items (toilet paper, laundry detergent)

For more information or other ways to donate, visit:
accessofwestmichigan.org



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COUNTY WIDE FOOD CAMPAIGN!

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