

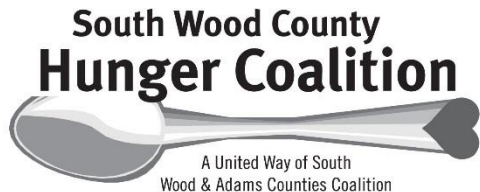
Top 10 Foods to Donate

Shopping Guide

1. Canned Tuna & Chicken
2. Peanut Butter
3. Spaghetti Sauce
4. Whole Grain Cereal*
5. Whole Grain Pasta*
6. Rice or Rice Mixes
7. Canned Soup
8. Pancake Mix or Baking Mixes
9. Canned Vegetables & Fruit
10. Canned or Dried Beans

**1st ingredient listed should be
"whole grain"*

Expired, dented/bulged foods, open packages
and home canned foods are
NOT accepted.



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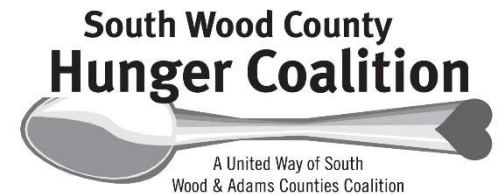
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Healthy bodies and minds require nutritious meals to thrive! When choosing any items to donate to food drives and food pantries, please keep nutrition in mind to help ensure the good health of those in need!

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*There are countless faces of hunger – perhaps someone you know.
As a community we need to work together to fill the emptiness.
Visit uwsvac.org to learn more.*

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