

FORGOTTEN HARVEST

Support your local community by donating here.

**To learn more go to
www.forgottenharvest.org**

HEALTHY FOOD DONATION LIST

**Food drive items must be unexpired, undamaged, and unopened.
NO GLASS PLEASE.**

- Peanut, almond or cashew butter – reduced sodium and low-sugar
- Canned soup, chili, pasta and stew - reduced sodium
- Canned vegetables and beans – reduced sodium or water packed
- Canned tuna, salmon, chicken or turkey – reduced sodium or water packed
- Pasta, barley, rice
- Pasta sauce or canned tomatoes - reduced sodium and low-sugar
- Canned fruit –100% juice or lite syrup packed
- 100% juices
- Dried beans, peas and lentils
- Whole-grain cereal - unsweetened or low-sugar
- Oatmeal and Cream of Wheat
- Nutritious snacks - dried fruits, nuts, trail mix and granola bars

**NO ONE SHOULD HAVE TO GO TO BED HUNGRY
OR WORRY ABOUT THEIR NEXT MEAL.**

Food drive items are always appreciated but a monetary drive is another way to help those in need!
Please help Forgotten Harvest to put a healthy nutritious meal on every table.



MAKE A DONATION TODAY!

**SCAN THIS CODE WITH
YOUR SMARTPHONE**

Every \$10 donated = 30 Meals to those in need.

BE PART OF THE SOLUTION TODAY! WWW.FORGOTTENHARVEST.ORG