

KANSAS SNAP-Ed Family Nutrition Program



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

Food Group	Suggested Non-Perishable Items
	Canned in light syrup or juice; dried: - peaches - pears - oranges - apples - applesauce - fruit cocktail - raisins - pineapple - cranberries (canned/dried) - 100% fruit juice
	Low sodium canned: - corn - peas - carrots - beets - green & wax beans - mixed vegetables - sweet potatoes/yams - tomatoes and tomato sauces - soup
	Healthful Grains: - whole-grain crackers - brown rice - whole grain pasta - oatmeal - whole wheat flour - cornmeal - whole-grain breakfast cereal
	Protein Foods: - canned or dried beans: kidney, navy, pinto, garbanzo, great northern, black - canned tuna or salmon (water packed) - canned chicken - nuts: walnuts, pecans, peanuts, almonds - nut butters
	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.	

THANK YOU FOR YOUR DONATION!
 YOUR NEIGHBORS WILL EAT HEALTHIER
 WHEN YOU DONATE FOODS
 BASED ON MyPlate.



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