

What to Bring for a Healthy Food Drive

- Nutritious, child-friendly foods for Backpack Buddies and School Pantries.
- Healthy staples for Grocery Bags for Seniors



Types of Items Needed:

Please bring only shelf stable items



Meats and Stews



Breakfast Items



Packaged Noodles



Canned Vegetables and Fruit



100% Juice Boxes and Milk



Healthy Snacks

The following items, while too large for backpacks, can be used to pack Grocery Bags for Seniors and for School Pantries:

- whole grain pastas
- canned poultry or fish
- dry beans
- brown and white rice
- oatmeal and low/no sugar cold cereals
- canned fruits and vegetables soups
- dried fruits and nuts



Do NOT bring:

- Snacks such as Pop-tarts and cookies
- Spam and Vienna Sausage
- Soft-top applesauce, fruit, and Jello
- Candy
- Juice pouches
- Sugary cereals



Inter-Faith Food Shuttle

We feed. We teach. We grow.

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