



TOP 10 FOODS TO DONATE

COMBAT HUNGER WITH HEALTHY FOOD

Bring these items to any food drive, soup kitchen, food pantry, food bank, or to a local collection at your church, school, or work.

1. Canned vegetables and beans (no sodium)
2. Whole wheat or vegetable pasta
3. Pasta sauce in unbreakable jar/can
4. Peanut butter
5. Boxed whole grain crackers
6. Whole grain, lower sugar cereal
7. Boxed granola and cereal bars
8. Unsweetened applesauce cups
9. Canned tuna in water
10. Canned chicken, vegetable, and bean soup (low sodium)



NEEDS HEALTHY FOOD

Think before you donate. Choose healthy!



**1 IN 4
AMERICANS**

relies on soup kitchens and food pantries to survive. We can nourish them with our donations!



**41 MILLION
AMERICANS**

face hunger. Working people. Seniors. Children. Military. Disabled. Homeless. Food insecurity doesn't discriminate.



**23.5 MILLION
AMERICANS**

live in food deserts. African-Americans have half and Hispanics one-third the access to chain supermarkets that white Americans do.



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Share your healthy donations on social media with
#THINKBEFOREYUODONATE