



Take Action!

Now that you know more about ways to improve the health of food for those experiencing homelessness and food insecurity, what can you do?

When you donate food:

- Host a healthy food drive
- Hold a food drive for a single food item the food shelf needs:
 - “Tuna Boat” to collect canned tuna
 - “Go Nuts” to collect peanut butter

Do you garden?

- Plant an extra row of produce in your garden to donate



Do you have spare time?

- Get your friends or family together and make it a monthly activity to volunteer at the food shelf or prepare a meal!

When you volunteer and serve meals:

- Consider substituting ingredients in your recipes:
 - Replace half of the white rice with brown rice
 - Add broccoli to your hot dish
 - Substitute 100% ground turkey breast for ground beef
- Offer 100% fruit juices instead of Kool-Aid or lemonade
- Offer skim or 1% milk instead of 2% or whole
- Offer fruits and vegetables first in your serving line
- Prepare meals in a healthier way
 - Bake instead of fry
 - Serve fresh fruits instead of in a dessert-type salad
- Consider offering parfaits or fresh fruit as dessert
- Keep proper portion sizes in mind

When you buy groceries:

- Buy one extra healthier food item on your shopping trips and donate to your local food shelf!

HEALTHIER FOOD DONATION SUGGESTIONS

Fruits and Vegetables

-**Fresh Produce**; check to see if the food shelf has the capacity to accept this as a donation.

-**Low-sodium or water packed canned vegetables** including tomatoes and tomato sauce

-**Canned fruits** in 100% juice or light syrup

-**100% fruit and vegetable juices**

-**Dried fruits and vegetables** with no added sugar or fat

Proteins

-**Low-sodium or water packed canned meats and seafood** such as chicken, tuna, salmon, and clams

-**Dried beans, peas, and lentils**

-**Low-sodium canned beans and peas** such as kidney, black, cannellini, black-eyed, and chickpeas

-**Fresh or frozen meat**; check to see if the food shelf has the capacity to accept this as a donation.

100% Whole Grains

-**Whole-wheat pasta, barley, brown rice, and wild rice**

-**Whole grain cereal and rolled oats** with at least 3g of fiber and <6g sugar are encouraged

Healthy Fats

-**Low-sodium nuts and nut butters** such as peanuts, almonds, and cashews