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!