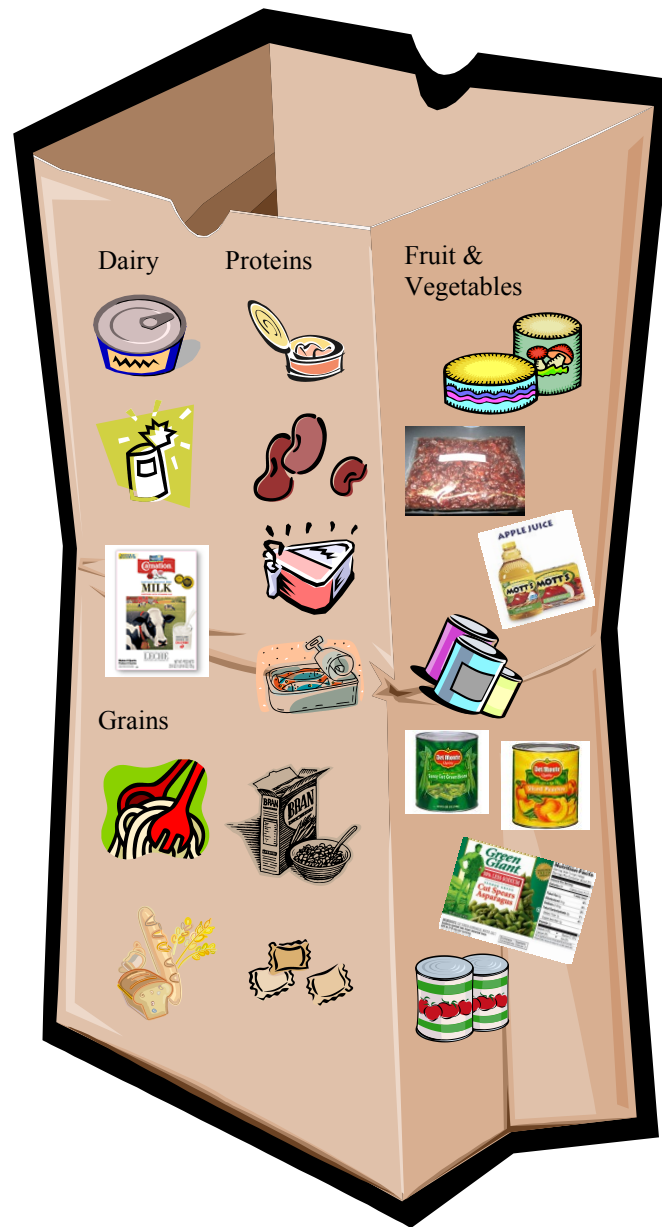


# The Best Foods To Donate

## To Your Food Drive

Many people in this country eat more calories than they need. But it's important to realize that, although an overweight person may look well-fed, he or she is more than likely filling up on calorie-dense foods that don't contain the nutrients his or her body needs.

Take a look at the food groups in the **illustrated grocery bag** to help guide you in providing healthy choices in your food drive donations.



### Fruit & Vegetable Group

5-9 choices

Choose **canned or dry** fruits and vegetables in an array of colors to ensure consumption of a variety of vitamins and minerals.

- Canned vegetables
- Vegetable juice
- Diced tomatoes
- Tomato juice
- Tomato sauce
- Spaghetti sauce
- Canned fruit (in its own juice)
- Fruit juice (100%)
- Dried fruit
- Shelf-stable fruit cups

### Dairy Group

2-3 choices

Choose **shelf-stable** low-fat dairy products fortified with vitamin D.

- Dry Milk
- Evaporated milk
- Boxed shelf-stable milk

### Protein Group

2-3 choices

Choose **canned** lean meats as a good source of low-fat protein and **canned or dry** beans as a good source of fiber.

- Canned tuna fish
- Canned salmon
- Canned chicken
- Canned bean soup
- Canned baked beans
- Dried and canned beans and peas
- Canned chili
- Canned beef stew
- Peanut Butter
- Nuts

### Grain Group

3-5 choices

Choose **non-perishable** whole grains as often as you can for maximum nutritional value.

- Oatmeal
- Whole grain crackers
- All types of pasta
- Low sugar / high fiber cereal (Cheerios, Raisin Bran, etc...)
- Cream of Wheat
- Whole grain rice

**NOTE:** Foods high in fat, oils, and sugar provide calories, but few nutrients. These foods make up a high percentage of many diets because they are inexpensive and easy to obtain. It is therefore important to provide healthful foods for those with limited financial resources to supplement their restricted choices with healthy alternatives.

## FUND & FOOD DRIVES

Our Food Drive Barrels are:

22 inches in diameter  
33 inches in height

Almost 2 feet wide and  
Almost 3 feet tall

Banana Box Dimensions are  
9 1/2 inches tall, 20 inches wide  
and 15 inches deep

Our banana boxes can hold 5-6  
rows, stacked two high of canned  
goods and approximately 6-20  
boxes of goods depending on the  
type of boxed good.

We recommend 1-2 barrels and  
several boxes. The boxes are  
much easier for transport.

Thank you for being a part of our  
Mission against hunger!



**GOOD LUCK &  
MUCH SUCCESS!!**

**THANK YOU**

Monetary donations are very  
much welcome and can be  
spread so much further. For  
every \$1 the Montgomery Area  
Food Bank receives we can  
provide 6.5 lbs of food product.

If you have any questions  
Please contact Teressa Vigneault @  
334-263-3784 or via e-mail @  
teressavigneault@earthlink.net.



This is a sample of what we can  
provide for \$ 8.00, the equivalent of  
52 pounds of food!!



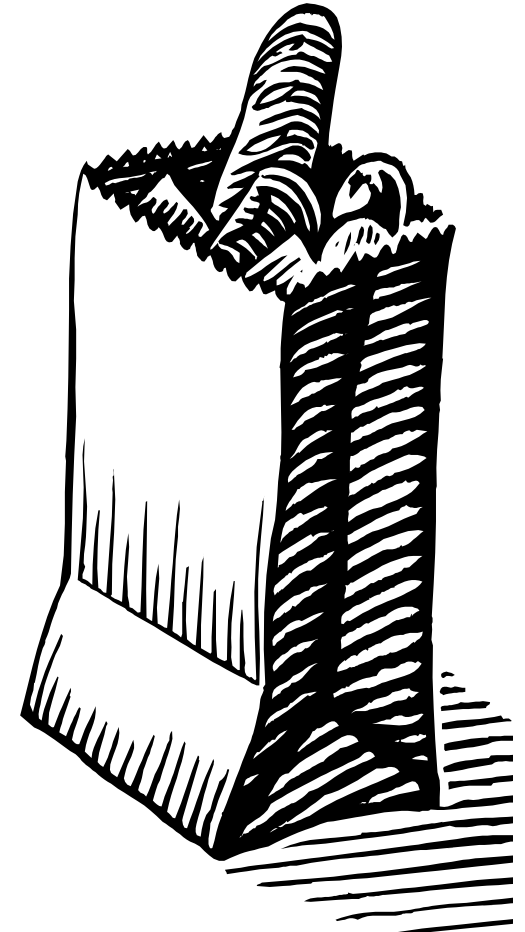
Feeding Hope  
Across  
Alabama

“The Montgomery Area Food Bank  
is an equal opportunity provider”.

Feeding the Hungry...

A mission we could not do  
without your help!!

FUND & FOOD DRIVE INFO



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