



SANFORD[®]

HEALTH

You Can Help!

Conduct a Food Drive for the Sanford Pilot Food Bag Program

All items can be dropped off at Great Plains Food Bank

1720 3rd Ave N • Fargo

721 Memorial Highway • Bismarck

These items were specifically chosen by Sanford Birth Designers.

Please look for food that is **Low salt/sodium • High protein • Low sugar • Low carbs**

SUGGESTED ITEMS:

Canned Meat: Chicken - Tuna

Soups: Canned (low sodium) - Dry soup mix

Boxed Meals: Tuna/Chicken/Hamburger Helper - Rice a Roni (low sodium) - Quinoa - Couscous - Minute Rice - Mashed Potato Flakes

Pasta: Whole Wheat

Vegetables: Canned/Cups (low sodium, no salt added) - Dried Beans

Fruit: Canned /Cups (in 100% juice, no sugar added) - Unsweetened applesauce - Dried fruit - Raisins - Fruit Snacks (no sugar)

Cereal: Boxed (whole wheat, low sugar) - Oatmeal (low sugar) - Granola bars (low sugar)

Snacks: Un/Lightly salted nuts - Popcorn (low/sea salt, plain) -

Peanut Butter/Sun Butter: Reduced fat or regular

Sauces: Tomato sauce - Spaghetti sauce (low sodium/sugar)

Can Openers: Hand held

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**Ending
Hunger2.0**



**Great Plains
Food Bank**