



# MANNA FOODBANK

## HEALTHY FOOD DRIVE MOST NEEDED ITEMS:

### GREEN TEA

(antioxidants & nutrients)



### LOW SODIUM VEGETABLES

(vitamins & fiber)



### CANNED TUNA & CHICKEN

(protein boost)



### UNSALTED NUTS

(protein & vitamins)



### NO SUGAR ADDED FRUITS

(vitamin C & nutrients)



### SHELF STABLE MILK

(calcium & protein)



### WHOLE GRAIN PASTA

(high nutritional value & fiber)



### BROWN RICE

(high fiber & vitamin B)



### OATMEAL

(healthy & filling breakfast)



### CANOLA & OLIVE OIL

(relatively health calories)



### PEANUT BUTTER

(protein-rich)



### LOW SODIUM SOUPS

(all food groups together)



### BEANS: CANNED AND DRY

(high protein)



### LOW SUGAR CEREALS

(high healthy whole grains)



### GRANOLA BARS & POPCORN

(healthy snacks)



POP TOP CANS & MICROWAVABLE CUPS PREFERRED · NO GLASS

LOW SODIUM · LOW TRANS FAT · < 1G SUGAR

\*health benefits and facts listed underneath each item

# MANNAFoodBank.org

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