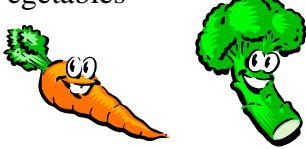
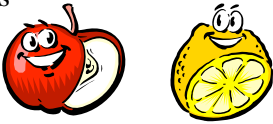







ISLAND HARVEST NUTRITION EDUCATION AND OUTREACH



Food Drive Preferred Item List

Food Group	Products Needed
Vegetables 	Canned Vegetables Tomato Sauce Vegetable Soups
Fruits 	Canned Fruits (in juice or light syrup) Dried Fruits 100% Fruit Juices
Proteins 	Beans- canned or dry Peanut Butter Nuts Canned Meat (chicken, beef, ham) Canned Fish (tuna, salmon, sardines) Canned Stews (chicken or beef)
Grains 	Rice (white, brown, flavored) Pasta/noodles Cold Cereal Hot Cereal (grits, oatmeal, farina) Flour/Cornmeal/Baking Mixes Whole Grain Crackers Couscous Canned Pasta (spaghetti, ravioli)
Dairy 	Dry Milk packets Shelf stable milk Soy/Almond/Rice Milk
Specialty Items 	Baby Food/Cereals Nutrition Beverages (Boost, Ensure, Carnation Instant Breakfast)
Other Items 	Spices Coffee/Tea Personal Care Items

199 Second Street, Mineola, NY 11501 (516) 294-8528 www.islandharvest.org

Created by the Food Bank for New York City