

### **Food Drive Items**

To make sure that your donation provides the most nutritious food possible, the Houston Food Bank's Nutrition Services Department recommends that you apply these guidelines:

- Use the Food Pyramid to select nutritious, nonperishable foods. These items are most useful to member agencies in meeting the nutritional needs of their clients.
- Choose from a variety of food groups to create balanced meals. Go easy on the fat, salt and sugar.
- For the safety of those served, HFB does not accept opened items, items with expired dates, and homemade items.

Financial gifts are also very much appreciated, as they allow HFB to balance the nutritional mix of foods in our warehouse.

### **Most Needed Food Drive Items**

The following list includes the food items **most needed** by the hunger relief agencies served by the Houston Food Bank. Please choose plastic containers or canned items rather than glass.

Protein:

- Canned tuna or chicken, packed in water
- Canned stews and pasta with meat (easy on salt and fat)

Peanut butter

Canned fruits in light syrup, natural applesauce

100% juice in cans or boxes (**no glass, please**)

Canned vegetables, tomatoes, tomato sauce

Soups with meat and/or beans, meal-in-a-can (easy on salt and fat)

Cereals and cereal bars (easy on sugar and fat)

Pasta, spaghetti, macaroni, noodles

Packages of dry beans

For the safety of those they serve, the Houston Food Bank is unable to accept open packages, baby food, homemade food items, perishable foods, or items with expired dates.

**As always, if you know of someone in need of help with food for the holidays, here is the number for the Food Bank Hotline: 713 547 8692**