

Acceptable Food 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 Items

To ensure our neighbors in need get the most nutritious food possible, our Nutrition Services Department recommends the following using the MyPlate nutrition guide to select nutritious, nonperishable foods:

- Canned fruits in water or light syrup
- Whole grain macaroni, linguine or spaghetti
- Canned tomatoes, no salt added or reduced sodium
- Canned tuna or chicken in water
- Canned, green vegetables (green beans spinach collard greens), no salt added or reduced sodium
- Canned beans, no salt added or reduced sodium

Whole grains have been shown to **reduce the risk of heart-related diseases**

Potassium may help **lower your blood pressure** and is **found in vegetables and fruit such as canned tomatoes and beans**

For more information about food drives call Yolanda Alexander, Community Engagement Manager, 713-547-8670. Thank you for helping the Houston Food Bank help our community.