

# balance your gift



When choosing foods for a food drive, follow USDA's MyPyramid. Choose shelf-stable foods that provide maximum nutrition from each food group.

*Thank you for your donation!*

Millions of Americans are living with limited financial resources. Your healthy food donations are important to helping them make up a nutritious diet.



## grains

## veggies

## fruits

## milk

## meat & beans

**Choose whole grains and shelf-stable grains:**

cereal & oatmeal  
bread  
pasta & rice  
whole-grain crackers

**Choose canned vegetable products:**

vegetables  
tomatoes & tomato sauce  
pasta sauce

**Choose shelf-stable fruits:**

canned fruit  
(in its own juice)  
100% fruit juice  
dried fruit  
shelf-stable fruit cups

**Choose shelf-stable, low-fat or non-fat dairy products:**

dried milk  
evaporated milk  
boxed milk & soy milk

**Choose canned and shelf-stable protein:**

canned chicken, tuna & salmon  
canned & dried beans  
canned soup & chili  
peanut butter & soy nut butter nuts

