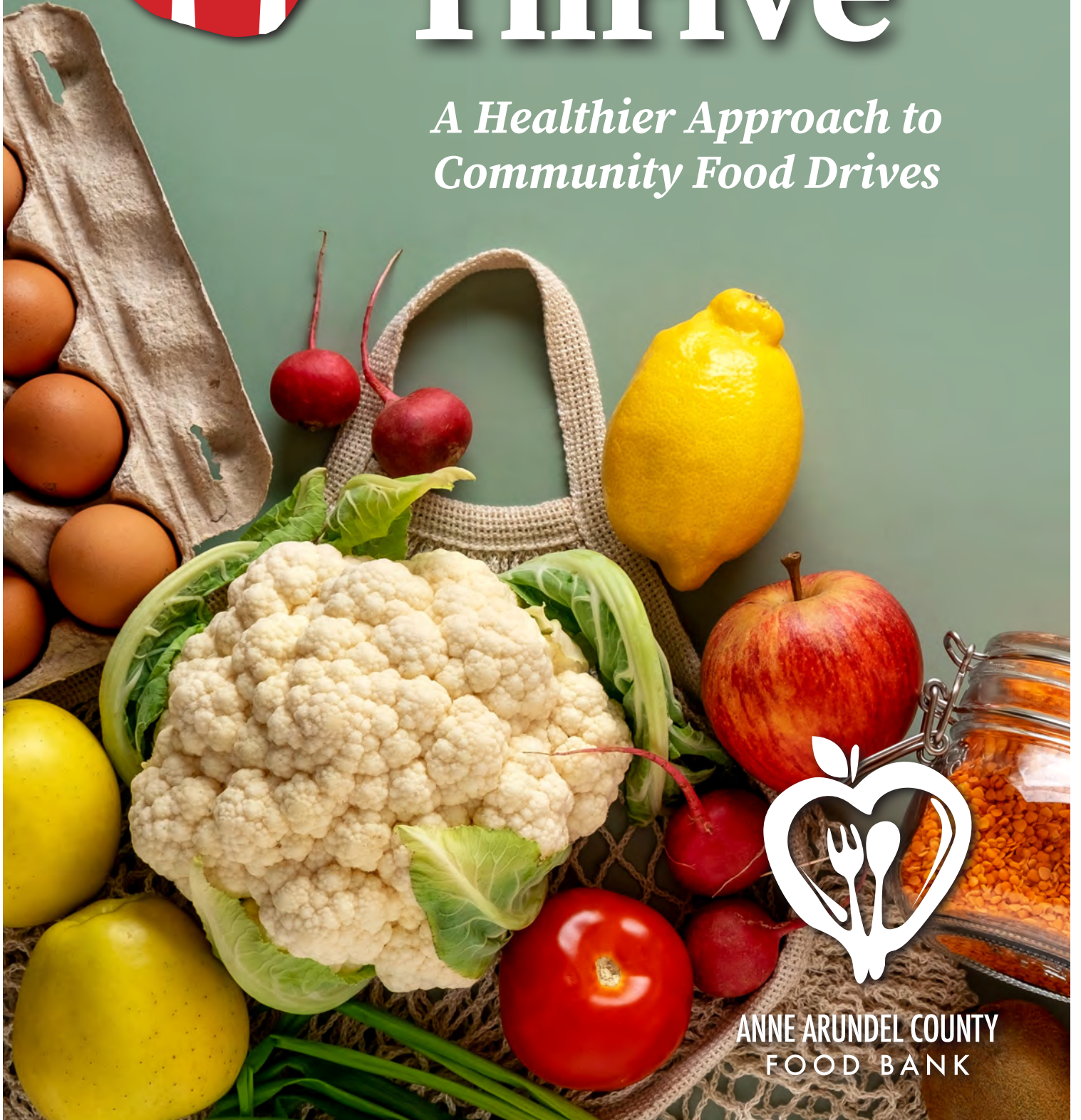




# Drive to Thrive

*A Healthier Approach to  
Community Food Drives*



ANNE ARUNDEL COUNTY  
FOOD BANK

# Drive to Thrive

## DONATING WISELY FOR OPTIMAL HEALTH

### Why Low Sodium?

Sodium (salt) is a very common ingredient and is widely used to enhance the flavors of food. But too much can be bad for cardiovascular health, placing people at risk for high blood pressure, cardiovascular disease and stroke, cancer, and kidney disease. The USDA recommends a maximum daily amount of 2,300 milligrams, although most Americans (nine out of ten) consume an average of 3,400 milligrams. Cooking more and avoiding packaged and processed foods is a simple way to reduce sodium intake, as is using spices, citrus, garlic, and salt-free blends to add flavor.

### Why Low Sugar?

A twelve-ounce soda contains 8 teaspoons of sugar, just one teaspoon less than the American Heart Association's recommended daily allowance. Americans consume on average 16 to 17 teaspoons each day (and kids a bit more). Too much sugar can lead to significant health problems, including diabetes and unhealthy weight. To avoid the added sugars used in food processing and preparation, look to labels with the lowest levels of added sugars.

### Why High Fiber?

Fiber helps us maintain a healthy weight, lowers the risk of diabetes and heart disease, lowers cholesterol levels, and aids in controlling blood sugar and digestive health. Despite the benefits of a high-fiber diet, a 2021 study found that only seven percent of Americans get enough fiber in their diets. To increase fiber intake, good options include whole-grain products, brown and wild rice, fruits and vegetables, beans, peas, and lentils, and nuts and seeds.



# Making the Connection

## FOOD INSECURITY, NUTRITION, AND HEALTH

An estimated eight percent of Anne Arundel County residents (more than 47,000 people) face food insecurity – the lack of consistent access to enough healthy, nutritious food.

Lower food security is associated with a higher probability of chronic disease, including hypertension, heart disease, stroke, and cancer. Obesity rates trend higher for low-income families due to lack of access to healthy food, greater availability of fast food, and less access to recreational and green spaces. More than one in four county residents are obese, and roughly 13 percent live in areas that lack access to grocery stores and nutritious food.

Good nutrition and access to healthy food are critical for personal well-being and overall public health. Roughly 45 percent of the food AACFB distributes is donated, and locally supported food drives are a large part of the 1.5 million pounds of donated food we distribute each year. Whether giving individually or collecting through a food drive, consider donating shelf-stable items that contribute to a balanced, nutritious diet. We are looking for more items low in sodium and sugar, high in fiber, and minimally processed (limited thickeners, stabilizers, and emulsifiers).

With your partnership, we can provide nutritious, culturally responsive foods that promote better health outcomes for our neighbors facing food insecurity.

**“IT IS CRITICAL THAT ALL AMERICANS HAVE ACCESS TO HEALTHY FOOD. FOOD IS MEDICINE, AND NUTRITION IS HEALTH.”**

—U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES SECRETARY XAVIER BECERRA



# Donating Healthy Foods

## IDEAL DONATIONS FOR A HEALTHY FOOD DRIVE



### DAIRY

- Shelf-stable, low-fat milk, oat and nut milks
- Evaporated milk
- Powdered milk (*low-fat*)
- Low- or fat-free pudding



### GRAINS

- Brown and wild rice
- Quinoa
- Whole-grain pasta and high-fiber, gluten-free alternatives
- Oatmeal, rolled oats, and cream of wheat (*no added sugar*)
- High-fiber, whole-grain, low-sugar cereal
- Whole-grain crackers
- Whole-grain rice cakes



### OTHER ITEMS

- Low-sodium soups, broths, stews, and meals
- Healthier snack bars with few ingredients
- Healthier cooking oils (*like olive, canola, and sesame oil*)
- Low-sodium condiments and seasonings

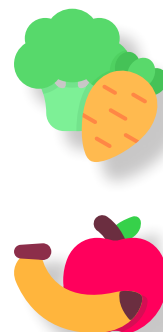
### PROTEINS

- Canned tuna and salmon (*packed in water*)
- Canned chicken
- Nuts and seeds (*unsalted*)
- Dried beans and legumes, such as lentils
- Canned beans (*low-sodium*)
- Natural peanut and other nut butters
- Shelf-stable tofu



### FRUITS & VEGETABLES

- Canned vegetables (*low or no sodium*)
- Tomato sauce (*low-sodium*)
- Pasta sauce (*low-sodium, low-sugar*)
- Fruit packed in water or juice (*no syrup*)
- Natural applesauce
- Dried fruit (*no added sugar*)
- 100% fruit juice
- Natural jams and jellies



### WE ARE ALWAYS IN NEED OF BABY AND SENIOR PRODUCTS, INCLUDING

- Baby food and formula
- Diapers (*infant and adult, all sizes*)
- Baby wipes
- Nutritional shakes, like Ensure
- Feminine hygiene products

## PLEASE KEEP IN MIND

Glass jars often break. When possible, please select items in plastic or metal containers.

Select canned goods less than 28 oz. and other items at one pound or less. (Bulk goods are more difficult for AACFB to distribute to our pantries.)

Please respect “use by” and “sell by” dates. Donations are checked before distribution to our Network Partners operating pantries.





## FOR A SUCCESSFUL FOOD DRIVE

1

### ORGANIZE

Choose the location and duration of your drive, then **register your food drive** with the Anne Arundel County Food Bank by filling out the online form on our website:

[www.aafoodbank.org/food-drive](http://www.aafoodbank.org/food-drive)

OR SCAN THE QR CODE



2



### ADVERTISE

Download and fill out our food drive poster or make your own. Be sure to fill out all the fields on the poster, including the name of the organization hosting the drive, where to drop off the food, and how long the food drive is running.

3



### COLLECT

Use containers provided by the Anne Arundel County Food Bank or use cardboard boxes or plastic tubs to collect the donated food. Label the containers and put them in a highly visible area so people can find the boxes.

4



### DELIVER

Collect your donated food and take it to the Anne Arundel County Food Bank at 120 Marbury Drive in Crownsville. Donations are accepted Monday through Friday from 9 am to noon and 1 pm to 3 pm. If your food drive has collected a lot of donated food, you may be eligible for pick-up (call our office for information).

5

### GIVE THANKS!

*Thank all the participants for helping our neighbors in need and feeding hope in Anne Arundel County!*



ANNE ARUNDEL COUNTY  
FOOD BANK

120 Marbury Drive  
Crownsville, MD 21032  
410-923-4255  
EIN: 52-1660473

## OUR MISSION

*To alleviate food insecurity in Anne Arundel County by partnering across our community to obtain and distribute nourishing food to our neighbors in need.*

For nearly 40 years, Anne Arundel County Food Bank has been dedicated to serving the people of our county facing food insecurity by obtaining food through food drives and partnerships with government, corporate, and nonprofit entities. We also fundraise to purchase food, especially fresh produce and lean proteins. All the food is distributed — for free — to our 70+ Network Partners operating food pantries, soup kitchens, and feeding centers. Though our mission is simple, the logistics are complex and challenging, especially as the needs of our community change and grow. Thank you for your support!

[aafoodbank.org](http://aafoodbank.org)

*Feeding Anne Arundel Since 1986*