



# Drive to Thrive

HEALTHY FOOD DRIVE FOR ANNE ARUNDEL COUNTY

Food Drive Host/Organization

Date and Time

Location/Address

**Donated food and funds benefit the**



**ANNE ARUNDEL COUNTY  
FOOD BANK**

*and our  
pantry partner network.*



**SCAN TO  
DONATE**

**aafoodbank.org**

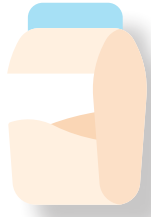
*Feeding Anne Arundel Since 1986*



# Donating Healthy Foods

ANNE ARUNDEL COUNTY  
FOOD BANK

## 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



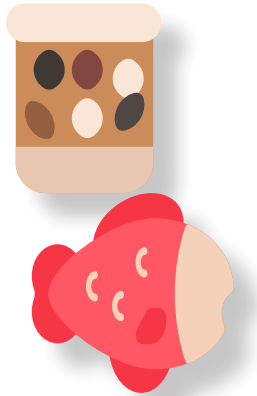
### FRUITS & VEGETABLES

- 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



### 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



### 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



### 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 of partners operating pantries.

