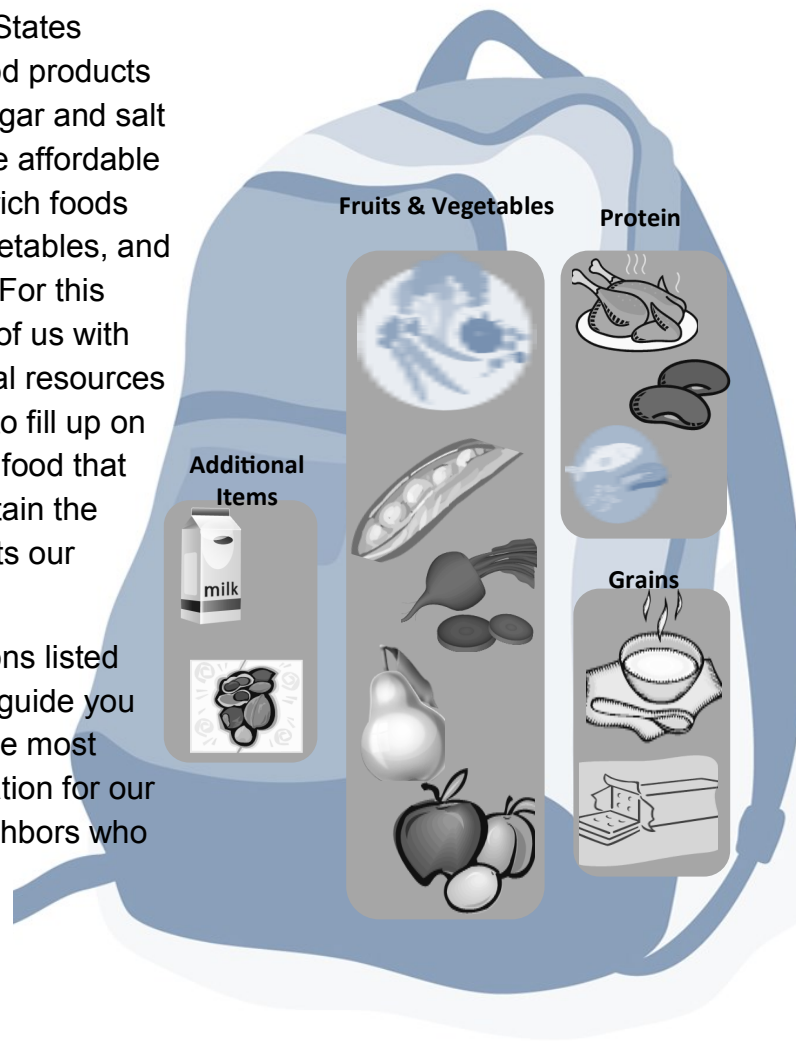


# Smart Sacks Healthy Wish List

In the United States processed food products with added sugar and salt are often more affordable than nutrient-rich foods like fruits, vegetables, and whole grains. For this reason those of us with limited material resources find it easier to fill up on calorie-dense food that does not contain the varied nutrients our bodies need.

The suggestions listed here will help guide you in providing the most healthful donation for our youngest neighbors who need it most.



## Fruits and Vegetables

Choose fruits and vegetables in an array of colors to provide a variety of vitamins and minerals.

- Canned vegetables (low-sodium if possible)
- Canned fruit (in juice)

## Protein

Choose canned lean meats for a good source of protein and canned beans for added fiber.

5-12 ounce cans of:

- Tuna, salmon, or chicken (packed in water)
- Dry beans (16 oz)
- Canned beans (14.5 oz)

18 ounce or smaller jars of :

- Natural peanut butter
- Natural almond or other nut butters

## Grains

100% whole grains and grain products offer a complete package of nutrients.

- Instant oatmeal packets, original flavor
- Brown rice (16 oz)
- Whole grain pasta (12-16 oz)

Also:

- Whole grain crackers boxed in individual sleeves

## Additional healthful items:

- Shelf-stable, individual milk boxes
- Granola/cereal bars
- 4 ounce fruit and applesauce cups (unsweetened preferred)