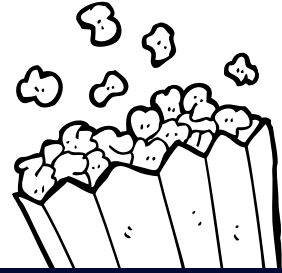


Snack Attack! Food Drive



Join our Food Pantry in nourishing our neighbors by donating shelf stable items from the five MyPlate food groups

When neighbors have access to healthy snacks, they are able to feel full throughout the day and focus on important tasks!



PROTEIN

- Unsalted or lightly salted nuts
- Trail mix with less than 230 mg sodium
- Canned tuna, chicken, or salmon in water
- Nut butters: peanut, almond, cashew with less than 230 mg sodium & 6 g sugar per serving



VEGETABLES

- No added salt canned vegetables
- 100% Vegetable juice



GRAINS

- Popcorn
- Whole grain crackers
- Rice cakes
- Whole grain cereal with less than 6 g sugar
- Whole wheat pretzels
- Whole wheat bread



FRUITS

- Canned fruit in water, light syrup, or 100% juice
- Unsweetened applesauce
- Plain dried fruit
- 100% fruit juice
- 100% fruit pouches



DAIRY

- Shelf-stable low-fat dairy, soy, almond, or rice milk



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. University of Illinois | United States Department of Agriculture | Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment. Illinois Extension: <https://go.illinois.edu/EatMoveSave>. Illinois at Chicago: <http://cphp.uic.edu>