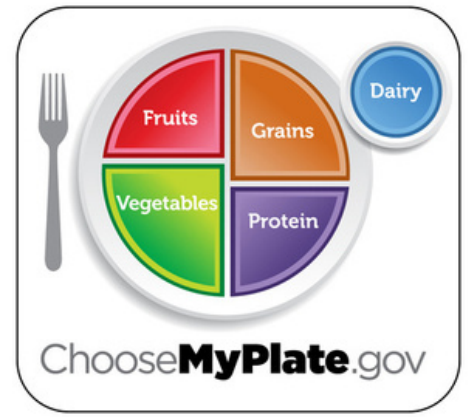




# Help Fight Hunger: Top Needed Items

Help combat food insecurity in our community by donating shelf-stable items from the five USDA MyPlate food groups to our Food Bank. Your support ensures Idaho's hungry receive not just food, but the nourishment they need!



## What is MyPlate?

The USDA Dietary Guidelines recommend eating nutrient-rich foods high in fiber, vitamins, and minerals while limiting calories, salt, fat, and sugar. For better health, make at least half your diet fruits and vegetables.

## What is Food Insecurity?

Food insecurity means having limited or uncertain access to enough nutritious food for everyone in a household to maintain an active, healthy life.



## PROTEIN

- Low sodium canned beans
- Dried beans, peas, or lentils
- 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
- No added salt or low sodium spaghetti sauce
- Low sodium canned soups
- 100% Vegetable juice



## GRAINS

- Cereal and oatmeal with less than 12 g of sugar
- Whole grain bread, pasta, or tortillas
- Barley, quinoa, and couscous
- Brown rice and instant rice
- Whole grain crackers
- Whole grain flour
- Corn tortillas



## 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

## Pantry Staples

- |                   |           |                      |
|-------------------|-----------|----------------------|
| Pepper            | Dill weed | Ground ginger        |
| Chili powder      | Vinegar   | Pumpkin pie spice    |
| Garlic powder     | Vanilla   | Sugar substitutes    |
| Onion powder      | Nutmeg    | Low sodium broth     |
| Italian seasoning | Cinnamon  | Brown or white sugar |
| Dried herbs       |           | Olive oil            |

## Basic Necessities

- |                         |                                  |
|-------------------------|----------------------------------|
| Toilet paper            | Shampoo, conditioner, hair spray |
| Soap, lotion, deodorant | Toothpaste, toothbrush, floss    |
| Diapers, baby wipes     | Feminine hygiene products        |
| Can openers             | Laundry detergent, dryer sheets  |

**Perishable items are welcome if they are delivered directly to The Idaho Foodbank or your nearest food pantry. To locate your nearest pantry call (208) 336-9643. Please do not put perishable items in food barrels.**