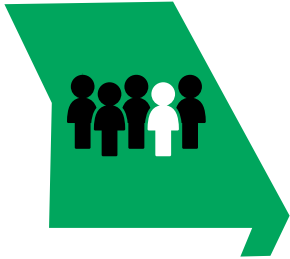


4-H FEEDING MISSOURI

Neighbors helping neighbors fight hunger.



DID YOU KNOW?

Nearly 1 in 5 children in Missouri live in food insecure households. That means their families can't always afford food. They sometimes go to bed or come to school hungry. Access to healthier foods is particularly tough.

WHEN COLLECTING OR DONATING FOOD...

DO...

- Check with your local food bank/pantries to see if they have:
 - special instructions
 - special food needs
- Give non-perishable and/or shelf-stable foods.
- Look for easy to open, pop-top containers that kids can open.
- Share these Do's & Don't's with your community

DON'T...

- NO GLASS
- No perishable foods
- No foods past their expiration date. (The pantries cannot accept it.)
- Avoid foods that require lots of other ingredients, especially perishable ones, to complete. Families may not be able to buy those other ingredients or have the means to cook or refrigerate such foods.

TOP 10 FOODS TO GIVE TO A FOOD BANK

1. Canned seafood and meats
2. Peanut butter/other nut butters/nuts
3. Healthy canned soups and stews
4. Breakfast cereals (whole grain is best)
5. Canned or dried beans, peas and lentils
6. Pasta sauce and canned tomatoes
7. Shelf-stable milk or non-dairy alternatives like soy and almond milk
8. Baby food (plastic containers or pouches only)
9. Whole grains like quinos, pasta, brown rice
10. Canned vegetables



SOCIAL MEDIA TIP:

Be sure to share photos and videos of your food drive activities on social media. Use the **#4HFeedingMO** hashtag.

OTHER SUGGESTED NON-PERISHABLE DONATIONS & THEIR HEALTH BENEFITS



Fruits and Vegetables

- **Canned fruits in 100% juice or lite syrup** are great sources of Vitamin C because only a small amount of it is lost in the canning process.
- **100% fruit and vegetable juices**, canned, plastic or boxed
- **Dried fruits and vegetables**



Proteins

- **Canned meats and seafood** such as chicken, tuna, salmon and clams, water-packed or low-sodium; high in protein, low in saturated fat and rich in vitamins and minerals.
- **Canned beans and peas** such as kidney, black, cannellini, black eyed, and chickpeas are high in fiber and low-fat sources of protein. Low-sodium versions are best.



Dairy and Dairy Substitutes

- **Shelf stable milk or non-dairy alternatives** such as soy and almond milk are great sources of Vitamin D and calcium. Shelf-stable dehydrated milk and canned evaporated milk are good, too.



100% Whole Grains

- **Whole-wheat pasta, barley, brown rice and wild rice** are complex carbohydrates. They contain good sources of fiber, which are more satiating and filling.
- **Whole-grain cereal and rolled oats with at least 3g of fiber** such as breakfast cereals can be additional sources of vitamins and minerals. Low-sugar or unsweetened cereals and oats best.



Healthy Fats

- **Low-sodium nuts and nut butters** such as peanuts, almonds and cashews are rich in protein and fiber. They also contain “good fats” and vitamins that are known to positively support heart health, such as monounsaturated and polyunsaturated fats, omega-3 fatty acids and Vitamin E.