UNCW FOOD DRIVE
TO BENEFIT NOURISH NC • SEPT. 1-30

Fruits & Veggies:
- Fruit Shooters
- Pasta Sauce
  Low sodium, no glass
- Jelly
  Reduced sugar, no glass
- Vegetable Cups
- Canned Vegetables
  Reduced sodium or no salt added
- Individual Citrus Cups
  Packaged in 100% juice or water when possible
- Individual Juice boxes
  100% fruit juice or 100% vegetable juice
- Applesauce Cups
  Unsweetened, low sugar

Proteins:
- Beef Stew and hearty soups
  High protein & lots of veggies when possible
- Pasta with Meat
  ex. Ravioli with meatballs
- Peanut Butter or Almond Butter
  Natural and Non-hydrogenated
- Chicken or Tuna
  Cans or Flavored Pouches, packed in water
- Tuna/Chicken Salad Snack Packets
- Chili with Beans
- Black/Kidney/Pinto Beans

Grains:
- Cereal/Granola/Oatmeal
  ≤8g of sugar and ≥2g fiber when possible, large and small sizes accepted
- Clif, Kind or Kashi Bars
  ≤200 calories per bar, 5-8 g sugar, ≥5 g fiber
- Rice
  100% whole grain or 100% whole wheat
- Pasta
  100% whole wheat

Dry Goods:
- Mac and Cheese
  Individual cups or boxes
- Dried Fruit
- Go Go Yogurtz
  Shelf stable
- Pudding Cups