



GIVING THE GIFT OF HEALTH

INDIVIDUALS TYPICALLY RESPOND TO FOOD DRIVES BY PULLING CANS FROM THE BACK OF PANTRIES. **SUPERFOOD DRIVE'S** AIM IS TO PROVIDE NUTRITIOUS FOOD (SUPERFOOD) TO THOSE WHO WOULD NOT OTHERWISE HAVE ACCESS TO IT, AND AS A RESULT, EDUCATE BOTH THE INDIVIDUALS DONATING AND THOSE RECEIVING, ABOUT THE HEALTH BENEFITS OF NUTRIENT-DENSE SUPERFOODS.

Food Bank's list of most needed items:

(MODIFIED TO BE SUPERFOODS)

- **Whole Grains**
- **Peanut Butter**
- **Whole Grain Pastas**
- **Whole Grain Dry Cereals**
- **Canned Fish**
- **Canned Fruits and Vegetables**
- **Canned Soups**
- **Canned Beans**
- **Dried herbs and spices**
- **Nuts and Seeds**
- **Dried Fruits**