

# GIVE THE GIFT OF HEALTH

**BY DONATING HEALTHY FOOD TODAY**

**Please Donate These Nutritious Non-Perishable Foods:**

- Peanut Butter (non-hydrogenated oil)
- Whole Grain Pasta
- Brown Rice
- Canned Tuna & Chicken in Water
- Whole Grain Oats & Cereal (Low Sugar)
- Canned Fruits (In Juice)
- Canned Soup (Low Sodium)
- Beans & Lentils
- Nuts, Seeds & Dried Fruits

\* No glass containers please. Thank you.



**Helping our neighbors move from hunger to health.**

**We are helping to nourish our neighbors in need by hosting a healthy food drive!**

Dates: \_\_\_\_\_

Coordinator: \_\_\_\_\_

Cash donations are another great way to help! For every \$1 you donate, the Food Bank can provide \$5 worth of food. Give your donation to your Food Drive Coordinator. Make checks payable to: Food Bank for Larimer County.



[www.foodbanklarimer.org](http://www.foodbanklarimer.org)