

Battling Hunger and Improving Health:

The individuals and families we serve often have limited access to healthy and nutritious foods like fresh fruits and vegetables, lean meats, low fat dairy foods and whole grains. However, they are often faced with an overabundance of unhealthy choices such as sugary beverages, fried foods, sweets and snack foods.

Please help us share the bounty of good food and good health by offering one of these healthier choices.

Vegetables: Roast, bake or steam. Limit added butter, salt, cream sauces and cheese.

Any type of greens (collard, beet, kale) without meat	Tossed salad with added vegetables and low fat dressing
Seasonal vegetables like steamed zucchini and onions, fresh corn on the cob, baked fall squash	Fresh vegetable tray with hummus or low fat dips

Fruit:

Bananas, apples and oranges	Slices of fresh watermelon, cantaloupe or other melons
Single serve cups of applesauce or other fruits packed in juice or water	Raisins and other dried fruits (apricots, cranberries, prunes)

Main Dishes: Limit fried foods, creamy sauces and fatty meats like sausage and bacon

Breakfast casseroles made with whole wheat bread and vegetables (limit or avoid sausage and bacon)	Oatmeal with dried fruit and nut toppings
Baked chicken or fish	Beans and Brown Rice
Chili made with beans (use ground turkey breast if you add meat)	Casseroles made with whole wheat pasta and low fat cheeses.

Side Dishes: Limit added butter, salt, cream sauces and cheese.

Roasted or mashed sweet potatoes (without added sugar)	Baked Beans
Cole slaw with a vinegar dressing (or a low fat dressing)	Black-eye Peas

Whole Grains: Look for foods that include the word "whole" in the first ingredient

Whole wheat sandwich buns or bread	Whole grain crackers
Rice pilaf made with brown rice	Whole wheat and vegetable pasta salad

Desserts:

Fruit and yogurt parfaits	Fruit Salad
Gelatin with fruit	Oatmeal raisin cookies

