

MAKING A

DIFFERENCE

Your Local Food Bank



American
Heart
Association®

Healthy Food Donations

Giving back to your community by shopping for and donating food items is fun, easy and educational. Be a "Hunger Hero" and follow this shopping list that is full of healthy food items.



Canned fish and meats: These items are high in protein and can be used to make chicken or tuna salad, for example.



Peanut butter/nut butters: A great sources of protein. Families can use for sandwiches or even as a snack.

Soup: Look for low-sodium. Soup can be a healthy complete meal.

Canned or dried beans: A great source of fiber and protein. There are endless ways a family can use beans.



Whole-grain pasta: A family-favorite that can be used to fill many hungry bellies.

Pasta sauce: Combine with pasta or canned meat & veggies for a quick, healthy meal.



Canned vegetables: Look for low-sodium vegetables and low-sugar fruits.

Rice, Quinoa, and other grains: A great source of fiber, protein and vitamins, these items can be cooked and served with beans for an easy and filling meal.

Tip: Think about what you like to eat!

Do YOU KNOW

why

EATING HEALTHY IS IMPORTANT?

Everyone knows that eating healthy is **IMPORTANT**, however not everyone participates in healthy eating on a regular basis. This is not always because people do not want to eat healthy, often it is because these people do not have access to healthy foods.

DID YOU KNOW THAT 12% OF FAMILIES, INCLUDING 6.5 MILLION CHILDREN, ARE LIVING IN FOOD INSECURE HOUSEHOLDS IN THE UNITED STATES?

What happens to children when they don't have access to healthy food options? It's simple, they end up eating unhealthy foods that are high in sodium, high in cholesterol and high in fat! Eating these types of foods can lead to obesity, high blood pressure, diabetes as well as mental health issues. Currently, nearly 1/3 of children in the United States are either overweight or obese and the majority of children aged 5-19 meet none or only one of the five components the American Heart Association uses to define a healthy diet.

Studies have shown that students who do not eat a healthy diet or go hungry during the school day have more behavioral issues reported. When children are properly fueled throughout the school day however, research has shown that they tend to have a more positive attitude and retain more information in the classroom.

PARENTS, OUR CHILDREN'S LIVES ARE IN OUR HANDS. We work constantly to protect them from the dangers of the world, and we must do the same to protect them from the dangers of unhealthy eating! The AHA is committed to helping children live stronger, healthier lives with education, research and public policies that effect where the live, work, and play. Our children need us, and we need them! Numerous studies have shown that quality nutrition education can improve a child's eating behavior as well as their cholesterol, blood pressure, and other health indicators. Let's get this conversation started with our children early!