



FOOD DRIVE

Metro Caring works with our community to meet people's immediate need for nutritious food while building a movement to address the root causes of hunger. At the same time that we provide healthy groceries to our neighbors, we offer comprehensive, wrap-around anti-poverty programming so that families can break the cycle of food insecurity.

HEALTHY FOODS TO DONATE:

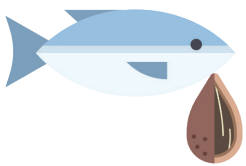
FRUITS & VEGETABLES



When considering these items look for 'no salt added,' 'low-sodium,' 'no sugar added,' and '100% juice' varieties.

- Tomato sauce
- Low sodium canned vegetables
- Canned fruits in juice or water
- Applesauce (unsweetened)

PROTEIN



When providing these items, look for "no salt added," low-sodium," and "canned in water" varieties.

- Canned chicken
- Dried beans and lentils
- Canned tuna
- Nuts and nut butters

GRAINS



- Rice
- Masa Flour
- Pasta
- Low sugar/high fiber cereal
- Oatmeal (unsweetened)

OTHER



- Soy sauce
- Dried chilis
- Cooking oil
- Spices
- Coffee and tea

NON-FOOD ITEMS TO DONATE:



- diapers
- feminine hygiene products
- toothbrushes
- toothpaste

- soap
- shampoo
- conditioner
- hand sanitizer