Conduct a Nutritious Food Drive

To make sure that your food drive provides the most nutritious food possible, our Nutrition Services Department recommends that you apply these guidelines:

- Use the MyPlate nutrition guide to select nutritious, nonperishable foods. These items are most useful to our member agencies in meeting the nutritional needs of their clients.
- Choose from a variety of food groups to create balanced meals. Go easy on the fat, salt and sugar.
- For the safety of those we serve, do not accept opened items, items with expired dates, and homemade items.
- Financial gifts are also very much appreciated, as they allow us to balance the nutritional mix of foods in our warehouse.