

Conduct a Nutritious Food Drive

Why host a *nutritious* food drive?

A nutritious food drive is a way for you to gather foods for community members. This can empower our neighbors to make and have access to healthy choices. Nutritious foods are a priority for our neighbors. Around 62% of our clients have reported that at least one member of their household has high blood pressure. Through a nutritious food drive, you are able to provide individuals and families nutrients that promote health and well-being.

Many of the foods provided to the food bank are nutritious, but some particular items stick out as being more helpful to clients trying to eat a balanced meal. The Houston Food Bank is developing a nutrition policy in which most of the food we provide to clients is analyzed by nutrition content and then sorted to showcase those highest and lowest in specific nutrients. Items that are highly nutritious are ranked Green or Yellow, and items with lower nutrition are ranked Red. View the graphic below to see some examples.

Tips for donating:

- Use the [MyPlate](#) nutrition guide to select nutritious, nonperishable foods.
- Choose from a variety of food groups to create balanced meals. Be mindful of items high in saturated fat, salt, and sugar. Use the graphic below for help.
- 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.

Help us feed our community by hosting a nutritious food drive today!

houston**food**bank
Nutrition Policy

At the Houston Food Bank, we encourage and accept a variety of foods to help empower our clients to make the choices they want about the foods they need. We do not label foods as “good” or “bad” and instead assign a color (**green, yellow, red**) ranking based on the ‘Healthy Eating Research (HER)’ guidelines.

Green and Yellow Foods

are helpful to us and include a variety of foods and nutrients

Fruits and Vegetables

Fresh, frozen, or low-sodium canned

100% Whole Grain Foods

Ex: brown rice, whole wheat bread, whole wheat pasta, oatmeal

Low-Fat Dairy

Unflavored/unsweetened yogurt, milk, and milk substitutes

Lean Proteins

Ex: seafood, eggs, nuts, seeds, beans, lentils, poultry

100% Juice, fruit or vegetable

Red Foods

are still part of a balanced diet, but we strive to provide more nutrient-dense foods

Low nutrient foods

High in sugar


Sugar-sweetened beverages

Foods high in trans-fats



 36% of those seeking assistance reported at least one household member with diabetes

 62% of households reported at least one member with high blood pressure

 Many recipients of food bank services report wishing they could afford to buy more fruits, vegetables and other nutritious foods in the grocery store but the prices are too high.

For more information, contact: healthpro@houstonfoodbank.org

1. [Needs and Preferences Among Food Pantry Clients](#) (2021)