

# SuperFoodDrive®



## GIVING THE GIFT OF HEALTH

INDIVIDUALS TYPICALLY RESPOND TO FOOD DRIVES BY PULLING CANS FROM THE BACK OF PANTRIES. *SuperFood Drive's* AIM IS TO PROVIDE NUTRIOUS FOOD (*SuperFood*) TO THOSE WHO WOULD NOT OTHERWISE HAVE ACCESS TO IT, AND AS A RESULT, EDUCATE BOTH THE INDIVIDUALS DONATING AND THOSE RECEIVING, ABOUT THE HEALTH BENEFITS OF NUTRIENT-DENSE *SuperFoods*.

### **Food Bank's list of most needed items:**

(Modified to be *SuperFoods*)

- **Whole Grains**
- **Peanut Butter**
- **Whole Grain Pastas**
- **Whole Grain Dry Cereals**
- **Canned Fish**
- **Canned Fruits & Vegetables**
- **Canned Soups**
- **Canned Beans**
- **Dried Herbs & Spices**
- **Nuts & Seeds**
- **Dried Fruits**