



FOOD DRIVE

MASSACHUSETTS NURSES ASSOCIATION

REGIONAL COUNCIL 5

**is hosting a food drive to benefit
The Greater Boston Food Bank**

Everyone has a role in ending hunger.SM

**Please bring item(s) from the list
when you attend council meetings
and CE programs hosted by MNA Region 5.**

**For more information contact
MNA REGION 5 @ 781-821-8255**

Most Desired Foods

Fruit & Vegetable Group

Choose canned or dry fruits and vegetables in an array of colors to ensure consumption of a variety of vitamins and minerals.

- Canned vegetables
- Vegetable juice
- Diced tomatoes
- Tomato juice
- Tomato sauce
- Spaghetti sauce
- Canned fruit (in its own juice)
- Fruit juice (100%)
- Dried fruit
- Shelf-stable fruit cups

Grain Group

Choose non-perishable whole grains as often as you can for maximum nutritional value.

- Oatmeal
- Whole grain crackers
- All types of pasta
- Low sugar / high fiber cereal (Cheerios®, Raisin Bran®, etc.)
- Cream of Wheat®
- Whole grain rice

Protein Group

Choose canned lean meats as a good source of low-fat protein and canned or dry beans as a good source of fiber.

- Canned tuna fish
- Canned salmon
- Canned chicken
- Canned bean soup
- Canned baked beans
- Dried and canned beans and peas
- Canned chili
- Canned beef stew
- Peanut butter
- Nuts

Milk Group

Choose shelf-stable low-fat dairy products fortified with vitamin D.

- Dry milk
- Evaporated milk
- Boxed shelf-stable milk