



# St. Joseph Social Service Center

CONNECTING COMMUNITIES ♥ NOURISHING EACH OTHER

## Help Us Reach Our Food Goals

Rates of obesity, diabetes, cardiovascular disease and diet-related conditions are high in our community. There is a link between food insecurity and lack of healthy food choices to poor health outcomes. Our goal is to make healthier food options available by providing foods that are:



- Nutrient dense
- Minimally processed
- Lower in sodium
- Lower in added sugar
- Lower in saturated fat
- Whole grain, fiber rich

## What We Need



- Fresh or frozen
- Canned, packed in 100% juice
- Dried, unsweetened



- Fresh or frozen
- Lower sodium canned
- Lower sodium soups



- Plant & lean animal protein
- Beans, peas, lentils
- Eggs
- Canned tuna & salmon
- Nitrate-free cold cuts



- Dried whole grains - ex: brown rice, oatmeal, barley
- Whole grain pasta
- Whole grain cereal
- Low-sugar granola



- Unsweetened milk or milk alternatives (fresh or shelf-stable)



- Nut butter, nuts & seeds

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