

THE HEALTHFUL HAMPER FOOD DRIVE

We invite you to help us give the gift of health



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December 2- December 13, 2019

in partnership with our sponsors



OUR HEALTHFUL HAMPER FOOD DRIVE GIVES FOOD TO THOSE IN NEED AND GOES BEYOND SIMPLY FILLING STOMACHS. IT NOURISHES AND PROMOTES HEALTH.

Many people facing food insecurity rely on the Edmonton Food Bank to help them put food on the table. These same people are more likely than others to also struggle with type II diabetes, hypertension, and obesity. These health conditions are directly affected by the food we eat! Highly processed foods, like those in convenience stores and frequently in emergency food boxes are loaded with calories and stripped of nutrients. When a diet is composed almost exclusively of such food, malnourishment in the form of lack of necessary nutrients for health takes hold. Thus, we have a food insecure population that battles a variety of health conditions. This is why The Healthful Hamper Food Drive is necessary and will be impactful. We thank-you for considering healthier food options when donating to our drive Dec. 2-Dec 13, 2019

Canned Vegetables (low sodium)

- Green Beans
- Carrots
- Corn
- Whole Tomato
- Tomato Sauce
- Tomato Paste
- Mixed Vegetables
- Vegetable Juice
- Beets
- Cranberry Sauce
- Asparagus Spears
- Peas
- Mushrooms
- Sweet Potato
- Pumpkin/Squash

Canned Fruit (in water; not syrup)

- Pears
- Peaches
- Oranges
- Mixed Fruit
- Pineapple
- Cherries
- Plums
- Apricot
- Mango
- Lychee
- Grapes
- Fruit Salad

Grains/Cereals

- Grains/Cereals
- Shredded Wheat Quick
- Oats/Oatmeal/Steel Cut or Rolled Oats
- Buckwheat
- Puffed Wheat
- GlutenFree Cereal Options
- Quinoa
- Brown or Wild Rice
- Whole Wheat or Brown Rice Pasta
- Quinoa Pasta
- Orzo
- Polenta
- Couscous
- Whole Wheat
- Pancake/Waffle Mix
- Bran Flakes
- Whole Grain, lowsugar cereal Millet

Lunchbox Snacks

- Granola Bars
- Dried Fruit/Berries (with no added sugar)
- Fruit Leather
- Unsalted Nuts Unsweetened
- Applesauce
- Whole Wheat Crackers
- Seeds
- Trail Mix
- Raisin Packs
- Tuna & Cracker Packages

Toiletries/Other

- Toothpaste
- Toothbrush
- Dental Floss
- Soap/Body Wash
- Deodorant
- Feminine Hygiene
- Shampoo Conditioner
- Baby Formula Diapers
- Baby Wipes
- Facial Tissue Paper
- Towels Toilet Paper
- Brush/Comb
- Facial Cleanser

Protein

- Peanut Butter
- Nut Butter: natural, nonhydrogenated such as almond, peanut macadamia or tahini
- Canned Beans, Legumes: black beans, chickpeas, aduki beans, kidney beans, lentils
- Canned Cold Water Fish: sardines, tuna or wild salmon packed in water (not oil)
- Powdered Eggs
- Powdered Milk
- ShelfStable Nut Milks
- Canned Chili
- Meal Replacement
- Bars Canned Coconut
- Milk Canned Chicken
- Hemp Hearts
- Unsalted Nuts and Seeds: Pumpkin seeds, sunflower seeds, almonds, walnuts, cashews.

Pantry Staples:

- Canned, LowSodium Soups
- Coconut Oil
- Cooking Oils (olive oil)
- Vinegars (apple cider)
- Quick Bread Mixes
- Muffin Mixes
- Canned and Boxed Stocks
- Whole Wheat Bread Crumbs
- Bouillon Cubes
- No Added Sugar Jams
- Maple Syrup
- Honey
- Popcorn Kernels
- Green and White Tea
- Herbs and spices: sea salt, oregano, basil, black pepper, garlic powder, rosemary, thyme, dill, etc.