

The Best Foods To Donate To Your Food Drive

Protein Group 2-3 choices Grain Group 3-5 choices

Many people in the country eat more calories than they need. But it's important to realize that, although an overweight person may look well-fed, he or she may be filling up on calorie-dense food that doesn't contain the nutrients his or her body needs. Take a look at the food groups in the illustrated grocery bag to help guide you in providing healthy choices.

NOTE: The Food Bank will pick up 400 lbs. or more. 400 lbs. is about 20 copier paper boxes full. We can do it!

State Statistical Brief, MA:

**Food insecurity rate 7.8% - Population 6,182,860
Poverty rate 9.9% - Child poverty rate 11.6%**

Fruit & Vegetable Group 5-9 choices

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 3-5 choices

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

Protein Group

2-3 choices

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

2-3 choices

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

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

Especially for the holiday season!!!!

- Canned Ham
- Canned pumpkin, squash, and sweet potato
- Canned green beans
- Powdered mashed potatoes
- Stuffing mix
- Shelf stable juice & milk

PEOPLE ARE GOING WITHOUT FOOD – FIRST CHURCH CAN DO SOMETHING TO HELP!

The Greater Boston Food Bank Fact Sheet

Who We Are

The Greater Boston Food Bank distributes approximately 30 million pounds of food and grocery products annually to more than 600 hunger-relief agencies in a dedicated partnership to end hunger in eastern Massachusetts.

Our Service Area

Our Service Area encompasses nine counties and extends from the New Hampshire and Rhode Island borders to the Worcester County Line, including Cape Cod and the islands.

Our Network of Community Agencies

Our network of more than 600 community agencies in 190 communities includes:

- Food pantries • Rehabilitation centers
- Soup kitchens • Treatment centers
- Homeless shelters • After-school programs
- Transitional shelters • Youth centers
- Long-term residences • Senior centers

Our Direct Service Programs

- **Kids Cafe** is a charitable meal service program that provides kids with nutritious food and related educational activities in safe, accessible locations.
- **Brown Bag** program provides families and seniors with supplemental bags of nutritious, healthy groceries once a month.
- **Perishables** program distributes wholesome food that is near its expiration date to Boston Housing Authority (BHA) developments to help augment the diets of the BHA's low-income residents.
- **Second Helping** provides more than 350,000 meals a year by quickly collecting and distributing donations of perishable prepared foods from caterers, hotels, academic institutions, corporate cafeterias, and other food service establishments.

Who We Help We serve 321,500 people annually—83,000 weekly.

Where We Get Our Food

- U. S. Government programs (U.S. Department of Agriculture)
- State programs (Massachusetts Emergency Food Assistance Program)
- Food industry donors
- Co-operative purchase program
- Food drives; private donations

Total Amount of Food We Distribute Annually 30 million pounds approximately

Our facility: 60,000-square-foot warehouse

Location: 99 Atkinson Street
Boston, MA 02118
Phone: 617-427-500

For more information on donations:

Steve Cheatham, Food Acquisition Director
Phone: 617-427-5200 - scheatham@gbfb.org