

GIVE THE GIFT OF HEALTH

*BY DONATING
HEALTHY FOOD TODAY*



*NorthPoint is committed
to providing nutritious,
high quality foods to
families in need.*

DONATION



LIST

VEGETABLES & FRUIT

- Canned vegetables (low sodium)
- Canned diced tomatoes (low sodium)
- Spaghetti sauce (low sodium)
- Soup with vegetables (low sodium)
- Salsa (canned or jarred)
- Canned fruits (in 100% juice)
- Unsweetened applesauce

WHOLE GRAINS

- Brown rice
- Whole wheat pasta
- Oatmeal
- Whole grain cereal



LEAN PROTEIN

- Dried & low sodium canned beans (black, pinto, garbanzo, kidney)
- Canned tuna (in water)
- Peanut butter
- Soy milk (shelf-stable)

