



Foods 2 Encourage

Supporting good nutrition through Foods 2 Encourage

At the Foodbank we are committed to ending hunger and food insecurity through good nutrition. Bringing us one step closer to improving the quality of the foods available at the Foodbank is our Foods 2 Encourage campaign. Together we can improve the health of Santa Barbara County.

WHOLE GRAINS

- Brown or wild rice
- Steel-cut or rolled oats
- Whole grain cereals with less than 12g sugar per serving
- Whole grain breads
- Whole wheat or brown rice flour
- Quinoa, buckwheat, barley, or other whole grains
- Cornmeal
- Corn or whole wheat tortillas

VEGETARIAN PROTEINS

- Peanuts, almonds, or any dry roasted, no salt added nuts or nut butters
- Dried lentils, beans or peas
- Canned black beans, kidney beans, garbanzo beans
- Low-sodium vegetarian chili
- Sunflower, pumpkin or sesame seeds, tahini

ANIMAL PROTEINS

- Canned, low-sodium soups, stews, chili
- Canned tuna or salmon

FRUITS AND VEGETABLES

- Large quantity fresh produce (deliver to the warehouse or contact Jill 805-403-8327)
- Canned fruit in 100% fruit juice or water
- 100% fruit or vegetable juice
- Dried fruit
- Low-sodium canned vegetables

OTHER NUTRITIOUS ITEMS

- Dried spices
- Olive or organic canola oils
- Coffee and tea

IT'S EASIER THAN EVER TO DONATE F2E!

- ✓ Visit us online at www.foodbanksbc.org click on *Virtual Food Drive* under the *How to Help* category and add Foods 2 Encourage to your basket
- ✓ OR load up your shopping cart with Foods 2 Encourage
- ✓ OR look through your pantry for Foods 2 Encourage
- ✓ OR start your own Foods 2 Encourage food drive



Thanks for your generous support!