

# **SENIOR HUNGER!** **FOOD DRIVE**

**DID YOU KNOW** that 1 in 7 senior citizens is at risk of hunger, and over 2,000 older adults die from malnutrition each year in America?

## **HOW CAN I HELP?**

Help feed 500 low-income seniors in Daviess and Hancock counties by donating canned goods and nonperishable food items at: Kroger, Hometown IGA, Bill's IGA, Independence Bank, Comfort Keepers, GRADD and local senior citizen centers.

>> Full details available at [www.GRADD.com/StopSeniorHunger](http://www.GRADD.com/StopSeniorHunger)



*March 26 – April 30<sup>th</sup>*

## **— SUGGESTED SHOPPING LIST —**

### **FRUITS**

Canned mixed fruit (packed in light syrup)  
Canned pineapple (packed in light syrup)  
Canned peaches and pears (packed in light syrup)  
Individual servings of packaged fruit or applesauce  
100% fruit juices  
Raisins and prunes

### **SOUPS**

Low-sodium canned soups

### **VEGETABLES**

Mixed vegetables  
Great northern beans  
Pinto beans  
Baked beans  
Canned or stewed tomatoes  
Canned beets  
Canned green beans  
Canned peas  
Canned corn  
Canned carrots  
Canned spinach

### **PROTEIN**

Canned tuna (packed in water)  
Canned salmon (packed in water)  
Canned chicken  
Peanut butter  
Canned nuts (no salt added)  
Trail mix  
Nutrition shakes  
Protein bars

### **GRAINS**

Rice  
Instant oatmeal  
Cream of Wheat  
Pasta  
Dry cereals (unsweetened)  
Crackers  
Graham crackers  
Muffin and bread mixes

### **DAIRY**

Evaporated milk  
Nonfat dry milk  
Nondairy creamer

**\*\* We cannot accept any fresh produce \*\***