

UUH Outreach Program Holiday Food Drive 2018

We will kick off our annual food drive at our Open House on Thursday, October 25 and will accept donations* for our older adult clients through Friday, December 14.

We deliver non-perishable groceries to Outreach clients throughout NW Philadelphia.

*Suggested donations include: cereal, paper goods, beans, small serving sized cans, and shelf stable items.

Our deliveries are done by staff and volunteers. Our donations are collected by organizations in the community.

Please contact us if you would like to have a collection box at your location:
215-843-5881 or outreach@uuhouse.org



The UUH Outreach Program is a non-denominational service made possible by the Lycoming Fund.

We make a living by what we get
But we make a life by what we give.

- *Winston Churchill*

UUH Outreach Program Annual Holiday Food Drive
October 25 through December 14, 2018

Consider this Healthy Foods Donation List

Smaller size and low-sodium items are best.

Fruits and Vegetables – canned or shelf stable only, please

Donate fruits and vegetables in a variety of colors. Look for fruit canned in its own juice or with “no sugar added.” Look for canned vegetables that say “low sodium” or “no salt added.” Look for 100% fruit and vegetable juices.

- Canned fruits or vegetables
- Shelf-stable fruit cups
- Tomato sauce
- Diced tomatoes
- Fruit juice (100%)
- Dried fruit
- Vegetable juice (100%)

Grains

*Donate whole grains as often as you can. Look for **100% whole grain** on the package or look for a whole grain as the **first** ingredient on the ingredient list.*

- Brown rice or barley
- Quinoa
- Low-sugar, high-fiber cereal
- Whole grain crackers
- Oatmeal
- Whole grain pasta

Protein

*Donate canned beans, seafood, and lean meats as a good source of lean protein. Look for “**no salt added,**” **low-sodium,** and **canned in water** (instead of oil) varieties.*

- Canned chilis & stews
- Dried beans and peas
- Canned chicken, tuna, or salmon
- Nuts
- Peanut butter or other nut butters
- Canned beans

Fats and Oils

Donate shelf-stable healthy fats that are liquid at room temperature.

- Canola oil
- Non-stick cooking spray
- Olive oil
- Vegetable oil

Spices and Shelf Stable Condiments

Various Soups – low sodium and shelf stable

Adapted from material from Einstein’s A Better Start Senior Nutrition Program