



# FOOD CUPBOARD

Giving the Gift of Health

*Our aim is to provide nutritious foods to the those who would not otherwise have access to them; and as a result, educate both the individuals donating, and those receiving, about the health benefits of nutrient-dense SuperFoods. SuperFoods nourish the body and the mind, promoting well-being within individuals and as a result, throughout communities.*

*Below is a list of the most needed items, modified to be the nutritious version of the typical fare.*

## PROTEINS

- Canned fish: tuna or wild salmon packed in water (not oil)
- Canned or dry beans, legumes: black beans, garbanzo beans, kidney beans, lentils
- Nuts and seeds: pumpkin seeds, sunflower seeds, almonds, walnuts, etc.
- Nut butters: peanut butter or almond butter

## FRUITS AND VEGETABLES

- Canned fruit and vegetables: packed in own juice (not syrup), low sodium
- Dried fruits (preferably with no added sugar): cranberries, raisins etc.
- Canned, low sodium soups

## GRAINS

- Brown rice
- Whole grain cereal (with either oats, whole wheat or brown rice listed as the first ingredient and/or with at least (5) grams of fiber per serving)

## OTHER

- Herbs and spices to flavor beans and grains: oregano, basil, black pepper, garlic powder etc.

## MISCELLANEOUS

- Dental supplies: floss, toothpaste, toothbrushes
- Hygiene supplies: deodorant, razors, travel size tissues

We are unable to accept items that are past the expiration date or that have already been opened or used.



## Hunger & Health

In America, the richest country in the world, 1 in 6 people struggle to keep food on the table.

Historically, food pantries have focused on filling empty stomachs with whatever food is available. Much of this food tends to be highly processed and full of fat, sugar & sodium. Easily accessible, **cheap food** may temporarily alleviate hunger pangs, but ultimately will contribute to chronic disease such as obesity, diabetes and heart disease. It is unjust to “help” people who are truly in need with provisions that promote disease instead of prevent it.

### **The opposite of hungry isn't full – it's healthy!**

In the United States, our primary concern is food insecurity, not actual hunger. In other words, people in the U.S. are not dying due to lack of sufficient energy (calories) as is commonly shown with starving children in developing countries. In the U.S. people are struggling with **food security** and a paradox of being *overfed, yet undernourished* (malnourished) – more accurately described as **nutrition insecurity**.

**Food security:** when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life.

#### 3 pillars of food security

- Food availability: sufficient quantities of food available on a consistent basis.
- Food access: sufficient resources to obtain appropriate foods for a nutritious diet.
- Food use: appropriate use based on knowledge of basic nutrition and care.

**Nutrition security:** adequate nutritional status in terms of protein, energy, vitamins, and minerals for all household members at all times. Two aspects of nutrition security related to public health:

- Micro-nutrient deficiencies, often called ‘hidden hunger’ – a lack of sufficient amounts of one or more essential nutrients such as vitamins and/or minerals; and
- Over-nutrition, a measurable form of malnutrition when an individual has consumed too many calories over a long period of time, e.g., overweight and obesity.

*Information provided by Super Food Drive website - [www.superfooddrive.org](http://www.superfooddrive.org)  
SuperFood Drive is a public health response to address food security & nutritional vulnerability.*