



Second Harvest's Healthy Food Choice Suggestions*

We are always looking to provide choices that are healthy, nutritious as well as enjoyable for children and families!

Canned Beans

(like pinto, black, garbanzo, cannellini, and kidney beans)

Canned Tuna & Salmon

Whole Grains & Cereals

(like quinoa, brown rice, wild rice, farrow, and other grain blends)

Extra Virgin Olive Oil

Non Sugar-Added Canned Fruits

Dried Herbs & Spices

Nuts, Seeds Trail Mix

Black & Green Tea & Coffee

We are also looking for personal care and hygiene items like toothpaste, deodorant, soaps, hand sanitizers, sanitary napkins, shampoo, conditioners, combs, hairbrushes

*Suggested by *Partners for a Healthy America*



Harvest for Hunger is a 21-county food and funds drive coordinated locally by Second Harvest Food Bank of North Central Ohio. Second Harvest Food Bank of North Central Ohio, 5510 Baumhart Road, Lorain, Ohio 44053 440.960.2265 www.secondharvestfoodbank.org