



## Second Harvest's Healthy Food Choice Suggestions

We are always looking to provide choices that are healthy and enjoyable for children and families!

**Breakfast Cereal**

**Peanut Butter**

**Canned Vegetables, Beans and Fruits**

(low-sodium, no-sugar added preferred)

**Canned Tuna or Chicken**

**Canned Soups or Stews**

**Canned Entrées**

**Whole Grains**

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

**Extra Virgin Olive Oil**

**Dried Herbs & Spices**

**Coffee & Tea**



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](http://www.secondharvestfoodbank.org)