



# Most Wanted Food Items

## Feeding Children. Fueling the Future.

We want to build happy, healthy kids so please avoid junk food and expired food. When possible, choose low salt, sugar free, and low trans-fat items. Please do not purchase glass items. Take this list with you to make shopping easy!

To schedule food drive drop offs, please email [Warehouse@NourishNC.org](mailto:Warehouse@NourishNC.org)

### Fruits & Veggies:

**Fruit Shooters**

**Pasta Sauce**

Low sodium, no glass

**Jelly**

Reduced sugar, no glass

**Vegetable Cups**

**Canned Vegetables**

Reduced sodium or no salt added

**Citrus Cups**

Packaged in 100% juice or water when possible

**Canned Fruit**

**Individual Juice boxes**

100% fruit juice or 100% vegetable juice

**Applesauce Cups**

Unsweetened, low sugar

### Grains:

**Cereal/Granola/Oatmeal**

≤8g of sugar and ≥2g fiber when possible, large and small sizes accepted

**Clif, Kind or Kashi Bars**

≤200 calories per bar, 5-8 g sugar, ≥5g fiber

**Rice**

100% whole grain or 100% whole wheat

**Pasta**

100% whole wheat

**Maseca**

2 lb. bags found in international section of grocery store or at Los Portales grocery store on Kerr Ave.

**P.A.N. White Corn Meal** –Pre-cooked

Gluten Free and Kosher Flour for Arepas 2.2 lb.

### Proteins:

**Beef Stew and Hearty Soups**

High protein & lots of veggies when possible

**Pasta with Meat**

ex. Ravioli with meatballs. Cans and/or microwaveable cups

**Peanut Butter or Almond Butter**

Natural and Non-hydrogenated

**Chicken or Tuna**

Cans or Flavored Pouches, packed in water

**Tuna/Chicken Salad Snack**

### Packets

**Chili with Beans**

**Black, Pinto, or Refried Beans**

### Dry Goods:

**Mac and Cheese**

Individual cups or boxes

**Dried Fruit**

**Go Go Yogurtz**

Shelf stable

**Pudding Cups**

### Packaged Side Dishes:

**Knorr Rice/Pasta Sides**

Individual cups or boxes

**Complete Microwavable Meals**

Shelf-stable

**Noodle Bowls**

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## **Tips and Tricks for Successful Food Drives**

**1) What Do Our Kids Need?** See our “Most Wanted” list and ask people to donate these specific items. Quality over quantity is important; we would rather have a smaller food drive that has exactly what we need, than a large food drive with items we cannot use. All items are inspected, sorted, and then donated if they do not fit our needs.

**2) Make Plans to Deliver It:** By making plans to drop off your collected items, you are freeing up time for us to work on other mission critical things. To schedule the drop off of your collected items, **please email Warehouse@NourishNC.org**. Our warehouse is located at 3606 Market Street.

**3) Avoid Donating Expired Food:** Many expired foods are safe for years after the code out date. However, NourishNC does not serve expired food to our kids. Often when people hear “food drive” the first thing they do is grab that can of beans that has been sitting in the back of their cupboard for years. Let’s help serve the NourishNC kids the best.

**4) No Junk Food Please:** NourishNC does not serve chips, candy, cookies or other unhealthy foods to our kids.

**5) What Will You Collect It In:** Use small to medium size boxes for heavy items like canned goods. It’s ok to collect items in bags just make sure not to overload them and tie them if they are plastic. This is also why we ask that you please not collect items in glass jars.

**6) Be Careful with Incentives or Discounts:** When people are hosting events, they often offer discounted admission in exchange for donated canned goods at the door. More times than not, the cash value of the discount was significantly higher than the value of the canned goods-especially when expired and erroneous foods are removed. In some cases, it makes more sense to donate the cash.

**7) Fun, Competitive, and Themed Food Drives Work Best:** Food drives do well when they are fun, relevant, and competitive. Try themed days centered around our most wanted list (like “Macaroni Monday” or “Tuna Tuesday”) or around your business/business model like stacking cans higher than your building. Competitions between participants with prizes and awards work great too. Not all awards have to cost money. Consider things like making the boss work from a tent for a day or casual day for employees.

**8) Host a Food Drive in January or June:** NourishNC feeds children all year-round but the majority of food drives tend to be during the holidays (November & December) or when the school year begins (August & September). We would love to see high volume food drives all year!

**Thank you so much for helping NourishNC provide nutritious food to hungry children!**

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