



HOLIDAY FOOD DRIVE

Throughout the year, low-income families “shop” for weekly groceries at **CSA’s FOOD & NUTRITION CENTER.**

This holiday season, help CSA provide a good meal and the holiday spirit to hundreds of families in our community.



WHOLE GRAINS • PROTEINS • DAIRY • FRUITS • VEGETABLES • WHOLE GRAINS • PROTEINS • DAIRY • FRUITS
canned • dried • boxed • bagged • canned • dried • boxed • bagged • canned • dried • boxed

HOLIDAY FOODS

- Baking mixes (Bisquick/pancake mixes, pie crust & filling, cake mix, icing, condensed milk, corn meal, cookie mixes, brown sugar)
- Spices, condiments (ketchup, mustard, etc.)
- Hot cocoa, tea, coffee
- Potato products (boxed or canned)
- Canned gravy or gravy/sauce mixes
- Pudding/Jello
- Special treats (honey, nuts, chocolates, dried fruits etc.)

FRUITS & VEGETABLES

- Canned fruit in light syrup or their own juices
- No sugar added applesauce
- Dried fruits (raisins, apricots, prunes)
- Canned and boxed 100% juice
- Fruit leather (100% fruit wraps)
- Low-sodium or “no salt added” canned vegetables
- Canned tomato products
- Canned ethnic foods (bamboo shoots, hominy, etc.)
- Spaghetti sauce
- Low sodium V-8 juice
- Vegetable or chunky soups

MILK, YOGURT & CHEESE

- Powdered milk
- Shelf stable milk or soy milk
- Fat free pudding
- Instant breakfast drinks

BREAD, CEREAL, RICE & PASTA

- Brown or whole grain rice
- Whole wheat/bran cereal
- Whole wheat flour
- Whole grain pancake mix
- Plain or low sugar oatmeal
- Whole grain crackers
- Granola bars
- Graham crackers
- Whole wheat pasta

POULTRY, FISH, BEANS & NUTS

- Canned chicken or turkey
- Canned salmon or tuna in water
- Canned or dried beans
- Turkey or vegetarian chili
- Low sodium broth or beans soups
- Peanut butter
- Unsalted nuts: almonds, walnuts, peanuts, soy nuts, pistachios, etc.

www.CSAcares.org

A safety-net for low-income, elderly and homeless.