

House of Hope

FOOD DRIVE



**Please help us donate to local food banks by bringing
your healthy, non-perishable food items.
September 15 – November 15, 2023**

SCAN ME!

Monetary donations can be made at the St. Vincent's lobby information desk and through the Venmo App.



Food Collection Center
St. Vincent's Medical Center
2800 Main Street
Bridgeport, CT 06606



House of Hope

FOOD DRIVE

Healthy Food Drive Shopping List

- ✓ Low-sodium, no-salt **canned vegetables***
- ✓ Low sugar, low sodium **pasta sauce**
- ✓ **Canned fruit** packed in 100% juice or water
- ✓ Unsweetened **applesauce**
- ✓ Unsweetened **dried fruit** (such as raisins, not fruit leather or fruit rollups)
- ✓ **Shelf-stable milk** such as Parmalat
- ✓ **Whole wheat pasta**
- ✓ **Brown rice**
- ✓ **Canned or dried beans**
- ✓ **Canned tuna/canned salmon**
- ✓ **100% fruit spread**
- ✓ **Natural peanut butter** (no sugar, no hydrogenated oils-just peanuts)
- ✓ **Canned tomato products** (low sodium diced/pureed/crushed)*
- ✓ Low sodium or no-salt **canned soups**
- ✓ **Low sugar cereals**, such as Cheerios, Chex, or Shredded Wheat
- ✓ **Whole wheat tortillas**
- ✓ **Non-creamy salad dressings/vinegars**
- ✓ Low sodium **chicken/vegetable broth** or **stock Honey**
- ✓ **Canned unsalted nuts**
- ✓ **Salsa**
- ✓ **Dried herbs and spices**
- ✓ **Almond or Soy milk**
- ✓ **Taco shells**
- ✓ **Unsweetened oatmeal**
- ✓ **Spices:** Basil, parsley, cinnamon, onion powder, garlic powder, chili powder, blackpepper, dill, paprika

**Buy canned goods with pop-top lids whenever possible.*

