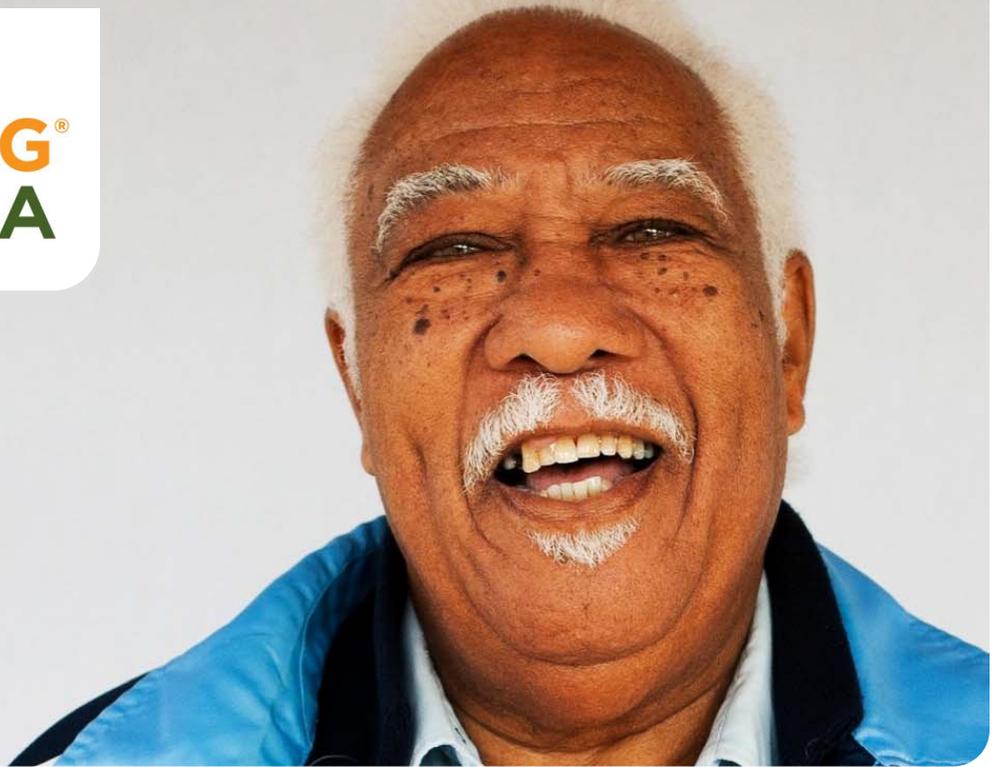


Organize a Solve Senior Hunger Food Drive



Here in America, there is more than enough food to feed every man, woman and child, yet one in 12 seniors do not have enough food to live healthy lives. As individuals, charities, businesses and government, we all have a role to play in getting more food to people in need. You can help solve senior hunger by organizing a Solve Senior Hunger food drive in honor of Older Americans Month 2015.

Senior focused food drives are a great way to raise awareness of senior hunger in America among family, friends, classmates and colleagues. When you collect and donate senior friendly food items, Feeding America network food banks, food pantries and meal programs can provide more nutritious food to their senior clients. Together, we can solve hunger and ensure our parents and grandparents have enough to eat.

Look for foods like these to help food-insecure seniors in your community access the food they need to meet their nutritional needs.

Senior Friendly Food Items

list is not inclusive

Grains

Fiber- plus or other type granola bar	Pasta – preferably whole wheat
Grits	Rice cakes
Brown rice	Flour
Oatmeal	Whole grain items
Cream of Wheat	
Raisin bran, Toasted Oats, Corn Flakes or similar type low sugar breakfast cereal	

Protein

Canned tuna	Peanut butter
Canned chicken	Cheese and/or peanut butter crackers
Nuts	Beans, lentils – canned or dried
Shelf stable milk	Grape nuts
Single-serve meals with protein e.g. beans & franks, beef stew, macaroni o's, chili, lasagna, beans and rice, mac & cheese	

Other Items

- 100% fruit juice
- Animal crackers
- Apple sauce
- Canned vegetables
- Decaf coffee
- Ensure/boost-type nutrition drinks
- Gummy fruit snacks
- Low sodium items
- Pop-top can items
- Pudding cups
- Raisins
- Single serve fruit cups
- Snack crackers and cookies
- Soups–meat and vegetable
- Sugar free items
- Tomato sauce

Find or contact your local food bank to find a community drop off site near you: feedingamerica.org/foodbank.