

# Make an IMPACT

Your food donation makes a difference!

Fill the hunger needs of individuals and families in our community. To locate a food pantry in your area visit the Human Services Resource Guide at [www.fairfaxcounty.gov/HSRG](http://www.fairfaxcounty.gov/HSRG).

In addition to food items, food pantries accept monetary contributions and grocery gift cards.

In Fairfax County

**57,000** residents are food insecure  
**26,000** children experience food insecurity

## NON-PERISHABLE



**Whole Grains**  
oatmeal, brown rice, quinoa, pasta, whole wheat bread, cereal

**Canned or Dried Beans**  
lentils, chickpeas, kidney, etc.  
"low sodium" or "no salt added"



**Tomato Sauce**  
"low sodium" or "no salt added"

**Canned Fruits**  
"no sugar added" or "100% juice"



**Healthy Snacks**  
granola bars, nuts, nut butters, raisins



**Canned Meat or Seafood**  
low-sodium tuna, chicken, salmon, or beef stew



**Shelf-stable Milk**  
or milk alternatives

## PERISHABLE\*



**Pick a Variety**  
Fresh or frozen fruits & vegetables



**Proteins & Dairy**  
lean meats, tofu, Greek yogurt, soy milk; "low-fat" or "fat-free"

## AVOID



No Glass Containers

No Open or Expired Food



\*Consult your pantry if they accept perishable items and fresh produce.

**DONATE LOW SUGAR, LOW SODIUM, HIGH FIBER FOODS**



This initiative is supported by:  
**Food Providers Network**  
[www.fairfaxcounty.gov/ncs/fpn.htm](http://www.fairfaxcounty.gov/ncs/fpn.htm)

**Live Healthy Fairfax**  
[www.fairfaxcounty.gov/livehealthy](http://www.fairfaxcounty.gov/livehealthy)



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