

Healthy Food Collection Drive

Food pantries play a critical role in combating food insecurity, providing individuals and families with essential resources during tough times. Food pantries can do more than alleviate immediate hunger—they can help break the cycle of chronic illness, offering individuals the chance to lead healthier, more independent lives through healthy food.

Please consider donating these healthy foods to support our Healthy Food Drive . One place we are donating is Manna on Main Street. To directly donate at Manna’s Online Market Hub 10 N. Cannon Ave in Lansdale, food can be dropped off at Manna’s Online Market Hub at 10 North Cannon Avenue, Lansdale, PA 19446 on weekdays: 9am-6pm Monday-Thursday and 9am-4pm Fridays. Park in the Food Drop Off.

Our list includes lists of healthier options in every category. We also accept cash or money donations to help us purchase fresh fruits and vegetables for this food drive. The list will continue to be updated online Send feedback to Healthycommunitylifespaces@gmail.com and we will update categories requested. Each store has unique items. Consult a nutritionalist and your personal doctor regarding what specific foods are the healthiest for you.

Please donate **Healthy Foods** to **your local food pantry**.

Healthy foods Walmart shoppers -The most universally healthy items in categories listed, lower sugar sodium with no additives or artificial colorings to donate

Healthy cereals



List here

Canned Bean and vegetables to meet a Variety of needs No salt added and or organic Beans, corn, veggies



Granola Bars



Rice



Canned fish and turkey



Tomato products



Pasta whole grains - variety to meet variety of diets



Condiments , Olive oil , Mustard, vinegar



Peanut Butter

Broths for soup



Unsalted Stock

Fruit and Applesauce Cups/pouches- unsweetened)



Healthy foods ACME shoppers can donate

Rice



Pasta



Healthy cereals



Canned Bean and vegetables



Granola Bars



Canned fish and turkey

Condiments , Olive oil , Mustard, vinegar



Tomato products



Broths for soup



Fruit and Applesauce Cups/pouches- unsweetened)



Link for updates

Trader Joes Shoppers

The most universally healthy items in categories listed, lower sugar sodium with no additives or artificial colorings to donate

Healthy cereals



Link for updates

Rice



Fruit and Applesauce Cups/pouches- unsweetened)



Canned Bean and vegetables To be updated

Tomato products and chips



Canned fish



Pasta whole grains - variety to meet variety of diets



Condiments , Olive oil , Mustard, vinegar



Nut Butters



Broths Soup

Unsalted Stock



Healthy foods at Grocery Outlet

Healthy cereals



Canned Bean and vegetables



Granola Bars



Canned fish and turkey



Tomato products



Pasta



Condiments , Olive oil , Mustard, vinegar



Peanut Butter



Broths for soup



Fruit and Applesauce Cups/pouches- unsweetened)



Healthy

foods Costco shoppers can donate

Rice , Ramen,



Link for updates

TO Be updated

Condiments , Olive oil , Mustard, vinegar

Healthy cereals

Canned Bean and vegetables

Granola Bars

Canned fish and turkey

Tomato products

Pasta

Condiments , Olive oil , Mustard, vinegar

r

Peanut Butter

Broths for soup

Fruit and Applesauce Cups/pouches- unsweetened)