

The Perfect Scouting for Food Bag

The Perfect Bag contains a variety of nutrient-rich foods from all five food groups. Please avoid using glass containers.

- 2 cans of hearty soup, stew or chili: Supplies many nutrients.
- 2 cans of tuna, chicken, salmon or luncheon meat (e.g., Spam): Contains protein and iron. Canned salmon is a source of calcium and omega-3 fatty acids.
- 1 can of fruit: Supplies vitamins A and C, folate, potassium, fiber and other healthy substances.
- 1 can of vegetables: Supplies beta carotene, vitamin C, folate, complex carbohydrates, fiber and potassium.
- 1 can of tomato or pasta sauce: contains lycopene, a healthy substance that is more available to your body in canned and cooked tomatoes than in fresh.
- 1 canned meal: Offers a variety of ingredients and nutrients.
- 1 can of beans: Contains plenty of protein, complex carbohydrates and fiber.
- 1 can of evaporated milk: Makes an excellent source of calcium and protein.
- 1 plastic jar of peanut butter.

To learn more about hunger in our area, visit the area Food Bank websites.

For more information and/or questions contact Carolyn Panzer

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