

- Provided by Seward County K-State Research and Extension The 'Stamp out Hunger' Food Drive is coming up Saturday. This is the drive sponsored by the U.S. Postal Service where participants leave nonperishable food items at the curb.

All contributions are welcome, of course, but food donors can add extra value to their gifts by making careful choices when searching the pantry or grocery store for food contributions.

People who get help from food banks reflect the general public, and are often at risk for health issues. Elderly recipients might suffer from chronic health problems, like heart disease or diabetes.

Younger clients might suffer from obesity or overweight. It's important that they get the best quality nutrition possible.

Rather than packaged ramen noodles or noodle-soup cups, which are high in fat and salt, bagged pasta with no added salt, whole grain, if possible are suggested.

Give canned fruit in light syrup or in its own juice, rather than heavy syrup, to reduce sugar content. Instead of sugar-sweetened breakfast cereals, pick cereal that is low in sugar and high in fiber. Canned 100 percent juice is preferred over fruit punches.

Though some families might prefer bags of uncooked beans, rice and lentils, there are other recipients who have no idea how to prepare them. In addition, some food bank clientele have limited access to storage space, refrigeration or kitchen appliances. For recipients in this situation, easy-to-prepare and ready-to-eat foods would be most helpful.

Consider giving pop-top cans of stew, chili and soup, shelf-stable milk and cheese, and convenience foods like granola bars, packaged sandwich crackers, beef jerky and single-serving packages of nuts.

Donations of canned vegetables that meet the needs of Latino families include chili peppers, tomato products, corn, and hominy. Other staples used often in Latino households are long-grain rice, vermicelli, oatmeal, dry pinto beans and lentils, corn meal, masa and harina.

The food will be distributed by the Community Food Cupboard. Susan Roberts, director, states that in years past expired or old food donations have been given and these must be discarded.

Healthy food bank donation list Dairy • infant formula • nonfat dry milk • evaporated milk • instant breakfast drinks

- small boxes of shelf-stable (UHT) milk

- canned and boxed pudding

Protein foods

- canned tuna

- canned chicken

- canned beef stews

- canned salmon

- canned or dried beans

- baked beans

- canned chili

- peanut butter

- canned nuts

- bean soups

Vegetables

- canned vegetables

- vegetable soup

- canned tomato products

- spaghetti sauce

- baby-food vegetables

- V-8 juice

Fruit

- canned fruit

- raisins
- applesauce
- dried fruits
- baby-food fruit
- fruit leather (100 percent fruit)
- canned and boxed 100 percent juice

Grains

- rice and rice mixes
- canned pastas
- noodle mixes
- dry noodles and pastas
- macaroni and cheese mix
- cold cereals
- bran cereal
- shredded wheat
- infant cereal
- hot cereal mixes
- oatmeal
- bread and muffin mixes
- pancake mix
- whole-grain crackers
- granola bars
- graham crackers

- flour

- bread

Oils and condiments

- vegetable oil

- salad dressing

- syrup

- jelly and jam

- honey

- sugar

- mayonnaise

Extras

- tea

- coffee

- spices

For more information on health and nutrition visit our website at www.ksre.ksu.edu, come by the office at 1081 Stadium Road, email us at sw@listserv.ksu.edu or give us a call at 620-624-5604.