

Giving 'Go' Foods – Healthy Food Drive

Ages: Schoolwide

Background Knowledge Needed:

Students should have been introduced to the Go, Slow, Whoa concept and be familiar with the foods that generally belong in each category.

Description:

Many schools coordinate food drives for charity. Why not promote healthy foods during this time? This is a spin on the food drive that strives to collect the healthiest foods possible for those in need.

Generally, this food drive would be advertised and planned for just as food drives and charity drives are normally. When planning your food drive, ask students or adults to make signs that emphasize the food drive will concentrate on healthier foods.

Materials:

- All advertisement and marketing avenues normally used for charity drives.
- All materials necessary for charity drives (boxes for pickup, signs for advertisement, etc)
- 'Giving Go Foods' suggested donation list of foods (provided)



'Giving Go Foods'

Suggested Food Items for Donation

Fruits and Vegetables

Canned and dried fruits and veggies provide an array of essential vitamins and minerals. When purchasing these items look for “no salt added”, low-sodium, “no sugar added”, and 100% juice varieties.

- Canned fruits
- Canned vegetables
- Vegetable juice
- Diced tomatoes
- Tomato sauce
- Shelf-stable fruit cups
- Dried fruit
- Fruit juice (100%)
- Spaghetti sauce

Grain Group

Non-perishable whole grains provide essential vitamins and minerals as well as fiber. When possible, look for 100% whole grain on the label or the first ingredient on the ingredient list.

- Oatmeal
- Whole wheat flour
- Whole grain breads
- Brown rice or barley
- Low sugar/high fiber cereal (Cheerios®, Raisin Bran®)
- Whole grain crackers
- Whole grain tortillas
- Whole grain pasta

Protein Group

Choose canned lean meats and beans as a good source of low-fat protein. Beans are also a good source of fiber. When providing these items look for “no salt added”, low-sodium, and canned in water varieties.

- Canned tuna fish
- Canned chicken
- Canned baked beans
- Canned chilies and stews
- Peanut butter
- Canned salmon
- Canned bean soup
- Dried and canned beans and peas

Milk Group

Choose shelf-stable low-fat or non-fat dairy products fortified with vitamin D.

- Dry milk
- Evaporated milk
- Boxed shelf-stable milk

The 'Giving Go Foods' Food Drive aims to gather foods that provide many essential nutrients without an overabundance of calories, sodium, fat and sugar. By donating these foods, we are helping to ensure that those accessing local food pantries are provided these necessary nutrients. Take a look at the foods listed here to provide the most nutritious foods during our food drive.

