

Adopt a Caregiver by Donating Food

If you are looking for ways to support caregivers on the front line, we would greatly appreciate you considering making a donation to our newly formed Inspired Food Pantry. We will make sure the items are distributed to these critical workers who are caring for Moms and Dads. Please leave under our porte-cochère at your local Inspired community with a love note! Non perishable, low sodium and sugar items, in box, plastic or metal are recommended.

Drop off
4/15 - 4/21



1. Powdered Milk, Applesauce and Peanut Butter -Plastic jars of unsweetened or lower sugar.
2. Canned Chicken - Fish (Tuna and Salmon)- Other Meats (SPAM and Ham) and Beans.
3. Canned Vegetables -Colorful, nutrient-dense- low-sodium options.
4. Cooking Oils (Olive and Canola) Canola and olive oils have monounsaturated fats.
5. Crackers-Whole grain, perfect as a snack or as a base for canned meats.
6. Dried Herbs and Spices-Basics, like oregano, basil, cumin, pepper, rosemary, thyme.
7. Fruit (Canned or Dried)-whether dried, canned or in plastic cups, packed in water.
8. Granola Bars-ones with less sugar made with oats or other whole grains..
9. Instant Mashed Potatoes- last longer and require minimal tools and ingredients.
10. Meals in a Box-One package choose lower in sodium and higher in fiber and protein.
11. Nuts- nuts provides protein and nutrients. Opt for unsalted varieties.
12. Pasta- Whole grain varieties offer more fiber and nutrition than white pasta.
13. Rice-brown rice when possible, because it provides more fiber.
14. Soup, Stew and Chili- Complete with protein and veggies. Choose reduced sodium options.
15. Whole Grain Cereal - reduced sugar.

**NO MORE COVID
SPREAD**

**Kindness
INSTEAD**

#inspiredlivingfoodpantry #bestplacetowork #adoptacaregiver