

# Milford Daily News

December 8, 2016

## **Making the Most of Food Pantry Donations**

The Daily Bread Food Pantry feeds an ever increasing number of people as the cold weather sets in. While all donations to the pantry are appreciated and used, certain foods carry more nutrient power and promote a healthy weight. When shopping, you might think about picking up some of these recommended by Healthy Futures, an initiative of Hockomock YMCA and registered dieticians with Jewish Family and Children's Services.

- Whole grains including brown rice, whole-wheat pasta, quinoa (pronounced keen-wah), whole grain crackers or whole grain bread.
- Whole grain cereals with no more than 6 grams of sugar per serving including plain oatmeal and boxed cereals
- Canned vegetables, beans or pasta sauces low in sodium
- Hearty soups low in sodium such as lentil, minestrone, black bean or turkey chili
- Dry beans such as lentils, kidney beans or black beans
- Peanut butter, Sun Butter (for people with allergies), nuts or seeds (such as almonds, walnuts, or sunflower seeds)
- Olive or Canola oil

- Beverages including bottled water, 1 percent or skim plain milk in individual size containers, 100 percent fruit juice boxes (less than eight fluid ounces each).
- At the Milford Town Library, a blue bin food pantry donations is located under the Friends of the Library Book Table. A staff member at the library drops off the donations collected at the library to the Food Pantry every Monday evening. Thank you for your ongoing generosity.