

COMMUNITY FOOD DRIVE

Food drives are an excellent way to raise awareness and funds and fill our partners' pantries, all of which directly benefit **Georgia Mountain Food Bank** and those we serve. These drives make a huge impact on the collection of food that is distributed through the Food Bank.

We welcome, and sincerely appreciate, your **GENEROSITY** and **HARD WORK** in hosting a food drive. We thank you for your **KINDNESS** and **HELPING HEART**.



GEORGIA
MOUNTAIN
FOOD BANK
'til no one is hungry
Partner Distribution Organization of The Atlanta Community Food Bank

HEALTHY FOOD DONATION ITEMS:

Fruits & Vegetables

- Low-sodium or water packed canned vegetables
- Canned fruits in 100% juice or lite syrup
- Dried fruits and vegetables

Proteins

- Low-sodium or water packed canned meats and seafood
- Dried beans, peas and lentils
- Low-sodium canned beans and peas

100% Whole Grains

- Whole wheat pasta, barley, brown rice and wild rice
- Whole-grain cereal and rolled oats with at least 3g of fiber
- Low sodium nuts and nut butters



www.gamountainfoodbank.org | 770-534-4111