

# Food for Friends FOOD DRIVE

Watauga County Parks and Recreation is teaming up with Hospitality House, Casting Bread and Hunger & Health Coalition to collect food items for our community friends in need. During this winter season and this COVID-19 challenging time, we could all use a helping hand.

Please drop your items off at the new Watauga Community Recreation Center between 8 a.m. and 5 p.m. Monday through Friday.

**DRIVE DATES:** Monday, January 11th—Friday, February 12th  
**Delivery Date to Food Pantries by Valentine's Day, 2021**

**SUPPORT  
HEALTHY AND HUNGER-FREE  
COMMUNITIES**

Donations of non-perishable, staple food items are an important complement to fresh produce donated by farmers, community gardens, grocery retailers and others.

**FRUITS & VEGETABLES**

- Low sodium canned vegetables
- Diced tomatoes
- Tomato sauce
- Canned fruit in juice, water or light syrup
- Unsweetened apple sauce
- Shelf-stable fruit cups in juice
- Raisins

**PROTEINS**

- Dried or low-sodium canned beans
- Canned tuna in water
- Canned salmon
- Canned chicken
- Low sodium bean soups
- Peanut butter

**DAIRY**

- Dry milk (low fat)
- Evaporated milk (2%)
- Shelf-stable milk (1%)

**GRAINS**

- Whole wheat pasta
- Whole grain crackers
- Cereals: oatmeal, grits, raisin bran and other whole grain cereals
- Brown rice
- High fiber, low sugar granola bars

**CASTING  
BREAD**



*Increase Food Security*

