

WHAT IS THE MINNEAPOLIS HEALTHY FOOD SHELF NETWORK?

- We are a collection of food shelves and hunger relief organizations committed to increasing the amount of healthy foods available to individuals and families in need.
- Our network partners procure high-quality, fresh produce from local farmers markets, community gardens, and retail food stores; educate clients about healthy food options; and develop messaging to encourage everyone to donate healthier food items.
- We are supported by the Minneapolis Health Department, with funding from the Statewide Health Improvement Program from the Minnesota Department of Health



EVERYBODY NEEDS
HEALTHY FOOD

HOW TO SUPPORT
MINNEAPOLIS
FOOD SHELVES





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HOW YOU CAN HELP

Plant an extra row

Your garden can help fight hunger when you plant an extra row to donate to food shelves. Buy seeds at your local garden store for as little as \$1, or join your Local Food Resource Hub for access to low-cost seeds and other resources by visiting www.gardeningmatters.org/hubs.

Donate healthy food items

When you donate healthy foods, like whole grains, fresh produce, and low-fat, low-sugar, or low-sodium items, you help food shelf recipients eat healthier and prevent chronic health issues like obesity and diabetes. Donations of fresh fruits and vegetables, either from your garden, a farmers market, or the grocery store, are especially appreciated and in high demand.

Make a cash donation

With your cash donation, food shelves can purchase healthy foods at wholesale prices through food banks and other distributors. With their discounts, food shelves can stretch a cash donation further than an individual who chooses to donate food items. This means more healthy food for more people in need.



Find out how to get started and connect with your local food shelf at www.healthyfoodshelves.org

ITEMS TO DONATE

ROOT VEGETABLES

- Carrots
- Beets
- Sweet Potatoes

STARCHY VEGETABLES

- Potatoes
- Corn

DARK GREENS

- Broccoli
- Kale
- Collard Greens
- Spinach

SQUASHES

- Butternut Squash
- Pumpkins
- Zucchini

OTHER

- Asparagus
- Cabbage
- Cucumbers
- Peppers

FRUITS

- Apples
- Berries
- Oranges
- Tomatoes



WHOLE GRAINS

- Brown or wild rice
- Whole grain cereals, pastas, breads
- Steel-cut or rolled oats
- Whole wheat flour

LOW-FAT, LOW-SUGAR, OR LOW-SODIUM ITEMS

- Low-sodium beans, lentils
- Low-fat cheese, milk, yogurt
- Canned fruits and vegetables (packed in water)
- Low-sodium soups
- 100% fruit juice

ITEMS TO AVOID

- No food shelf is interested in spoiled produce.
- Many food shelves ask that donations exclude processed items or items the average consumer doesn't recognize.
- Some food shelves have more refrigeration space than others. For food shelves with limited refrigeration, donate more shelf stable items like root vegetables, apples, or tomatoes instead of salad greens.
- Consult with your local food shelf for more items to avoid as well as preferred items.

DID YOU KNOW?



- 19% of Minneapolis residents worried that they would run out of food before they could buy more during 2010.
- 15% of Minnesotans consume the recommended number of fruits and vegetables daily.
- Hunger costs Minnesota up to \$1.2 billion annually in direct and indirect health care and education expenses.