

[place holder for your food shelf name or logo]

[Date]

Dear Friend:

We know everybody needs healthy food, yet often, these foods are in short supply at food shelves like ours. That matters because healthy food makes a huge difference in the lives of those we serve. With healthy foods, we can help people eat better and avoid many health issues caused by poor nutrition.

Healthy Foods Make a Difference

Recently, the Robert Wood Johnson Foundation announced that childhood obesity rates are declining in many places like ours throughout the country, due in part to the increased availability of healthy food options: “Growing evidence suggests that strong, far-reaching changes—those that make healthy foods available in schools and communities...are working to reduce childhood obesity rates.”

Despite this news, obesity and related health problems, like high blood pressure, high cholesterol, and heart disease remain a serious concern for adults in our most vulnerable populations. We are committed to providing access to healthy food options for all of our clients – but we cannot do so alone, without help from people like you.

How You Can Help

You may not know this, but our clients love having healthy food options available – fresh vegetables, fruits and other healthy items. Your donation of foods like these truly matters to those we serve.

What kind of healthy food items do we seek? Consider donating to us any of the following:

- **Fresh, high quality produce** – carrots, beets, sweet potatoes, broccoli, kale, collard greens, squash, peppers, cucumbers, apples, bananas, oranges, tomatoes, and many others
- **Whole grains** – brown rice, whole grain cereals, breads and pastas, rolled oats
- **Low-fat, low-sodium, and low-sugar items** – low-sodium beans, low-fat dairy products, low-sodium soups, canned fruits and vegetables packed in water, 100% fruit juice

We welcome your donation of any of the above items, and promise to put them to good use. In fact, foods like these are so popular they practically fly out the door!



EVERYBODY NEEDS
HEALTHY FOOD

HEALTHY FOODSHELF NETWORK
www.healthyfoodshelves.org

Supported by the City of Minneapolis through funding from the Statewide Health Improvement Program, Minnesota Department of Health

Other Ways to Help

We realize that for some donors, it may be tough to determine what types of food are best suited for our food shelf clients. While we are happy to accept your donations of healthy food items, we also encourage monetary donations to our food shelf.

Because our food shelf has access to special discounts and prices on healthy foods from food banks and large wholesale suppliers, we can typically stretch financial donations further than average individual donors. That means your donation is guaranteed to help us purchase the exact types of healthy foods we know our clients will use.

If you are interested in donating healthy food, or making a monetary donation to our food shelf, please contact at us at:

[Insert food shelf contact info, and days/hours for donations of healthy food]

Thank you for your continued support of our mission to provide healthy food in our community!

Best regards,

[Contact name/title at food shelf]

About the Minneapolis Healthy Food Shelf Network

We are a collection of food shelves and hunger relief agencies 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, Minnesota Department of Health.



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