

# WHAT TO BRING FOR A HEALTHY FOOD DRIVE:



Proteins & Stews



Breakfast Items



Packaged Noodles



Canned Vegetables & Fruit



Healthy Snacks



100% Juice Boxes

Items too big for Backpack Buddies...  
but useful in Grocery Bags for  
Seniors and School Pantries:

- Whole grain pastas
- Dry beans
- Brown and white rice
- Low/no sugar cold cereals
- Dried fruits and nuts

## DO NOT BRING:

- Sugary snacks (cookies, pop-tarts)
- Spam and Vienna Sausage
- Soft-top applesauce, fruit or Jell-O
- Candy
- Juice pouches
- Sugary cereals
- Crackers, puddings or soft cereal bars

**DROP OFF:**  
(after your  
food drive)

IFFS Headquarters  
1001 Blair Drive  
Raleigh, NC 27603  
M-F, 8am - 3:30pm

IFFS at Bull City Cool

902 N Mangum Street  
Durham, NC 27701

By appointment: [Amber@FoodShuttle.org](mailto:Amber@FoodShuttle.org)



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