

Alder Health Services



LET'S HELP FEED THE HUNGRY

100 N. Cameron St, Ste 201, Harrisburg, PA 17101

Healthy Fats

Low-sodium nuts and nut butters
Peanuts, almonds, cashews
Peanut butter/Almond butter

100% Whole Grains

Whole-wheat pasta, barely, brown rice, and wild rice
Whole-grain cereal and rolled oats

Milk

Dehydrated milk
Canned evaporated milk

Proteins

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

Fruits and Vegetables

Low-sodium/water packed canned vegetables
Canned fruits in 100% juice/lite syrup
100% fruit/vegetables juices
Dried Fruits and vegetables

Please contact Kim at kims@alderhealth.org