

HEALTHY FOOD DRIVE

West Side Campaign Against Hunger (WSCAH) is a nonprofit organization based on the Upper West Side that alleviates hunger by ensuring that all New Yorkers have access with dignity to a choice of healthy food and supportive services.

Give back this holiday season and donate healthy food items to support the WSCAH community. You can also donate online by scanning the QR code below.



ACCEPTED ITEMS

Do: Give generously. Give foods you would serve your family.

Don't: Give anything expired, open, or damaged. Give something you wouldn't eat.

VEGETABLES

Canned vegetables, low sodium
Spaghetti sauce, low sodium

FRUITS

Canned fruit, packed in juice or water
Applesauce, no sugar added
Dried fruit, no sugar added

PROTEIN

Dried beans
Canned beans, low sodium
Canned chicken, packed in water
Canned fish, packed in water (Tuna, Salmon, Mackerel, Sardines)
Peanut butter or bagged nuts or seeds

GRAINS

Rice, brown or white
Pasta, whole grain or white
Hot cereal (oatmeal, cream of wheat, grits)
Cold cereal (low-sugar, high-fiber options)
Bread, 100% whole wheat

DAIRY

Milk, boxed or shelf-stable, low-fat