



# HEALTHY FOODS HOLIDAY CHALLENGE 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. Every November we provide turkeys and other special holiday foods to ensure that every WSCAH customers can enjoy a happy and healthy holiday season.

**Donate healthy food items to support the WSCAH community. You can also donate online by scanning the QR code.**



## ACCEPTED ITEMS

**Do: Give generously. Give foods you would serve your family.  
Don't: Give anything expired, open, or damaged.**

### SPECIAL HOLIDAY FOODS

Canned staples (green beans, beets, yams, pumpkin, cranberries, etc.)  
Gravy

### 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

### DAIRY

Milk, boxed or shelf-stable, low-fat





### 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

### 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

*Questions about WSCAH and the impact of your food drive?  
Email our External Affairs team at [development@wscah.org](mailto:development@wscah.org)*

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**DIGNITY. COMMUNITY. CHOICE.**