

A NEIGHBOR'S GUIDE TO IMPACTFUL GIVING

NUTRITIOUS FOOD MATTERS

The Kuna Food Bank recognizes the important role that food and nutrition play in our neighbors' health. Providing nutritious foods to our community fosters an environment of dignity and enables positive health outcomes. While we accept all donations, some options support our commitment to our neighbors more than others. As you purchase foods for donation, please consider the nutritional needs of those who will receive them.



Many community members are unable to tolerate gluten. Consider donating some gluten-free foods to help them keep a healthy, balanced diet without painful irritation.

FRUITS AND VEGETABLES

Low sodium, no sugar added

- Fresh, Frozen, Canned, Dried & freeze-dried

PROTEINS

Low sodium, low fat, packed in water

- Fresh, Frozen, Canned, Plant-based proteins

GRAINS

Whole grain when available, low sodium

HOUSEHOLD AND HYGIENE

- Oils, Spices, Baking staples, Cooking oils, Seasonings, Salt & Pepper, Pet foods, hygiene & feminine supplies, Toilet paper, Laundry & Dish Soap.

HEALTHY SNACKS

Low in sodium, sugar, and artificial colors

BEVERAGES

- Milk, Coffee (ground), Bottled water, Fruit juices, Unsweetened seltzer

*Thank you,
Neighbor!*

WHY NUTRITIOUS, CULTURALLY RELEVANT FOOD MATTERS

Kuna Food Bank recognizes the importance of providing culturally relevant options so individuals have access to food that they will recognize and enjoy, know how to prepare, and that doesn't violate any dietary or religious restrictions they may have. Providing nutritious foods that reflect the diversity of our community fosters an environment of dignity and enables positive health outcomes. While we gratefully accept all donations, we ask that you consider donating foods that represent some of the wonderfully diverse cultures within our community. Thank you, neighbor!

We are always on the lookout for donations of fresh produce, which is both full of nutrients and helps promote home-cooking. Please consider passing along your extra garden harvests to the Kuna Food Bank. Donations are welcome during our open hours of operation!