



Eat Healthy...Give Healthy

NDS Community Food Program invites you to share Healthy Foods with others throughout the Archdiocese of Philadelphia. Please donate from the list of food items below to help local families in need!

Grains

Whole grain, low sugar cereal (oatmeal, Cheerios)
Whole grain pasta
Brown rice (box or bag)

Fruits and Vegetables

Canned fruits packed in juice or water
Canned vegetables
Canned soup (low sodium)

Meats and Protein

Canned fish (tuna, salmon, sardines)
Peanut butter
Dried or canned beans

Dairy

Dry milk

All food collected is shared with a network of over 40 food cupboards in the five-county Philadelphia area.