

# **FISHERMAN'S MARK HEALTHY FOOD DRIVE**

Our goal is to provide healthy food options to our clients—  
your help makes that possible

- Peanut & Nut Butters
- Canned Tuna, Salmon  
or Chicken
- Low Sodium Soups
- Canned or Dried Beans
- Canned Fruit (in water  
or juice) or Dried Fruit
- Low Sodium Canned  
Vegetables
- Pet Food
- Spices
- Diapers
- Brown Rice and Whole  
Grain Pasta
- Healthy Snacks
- Condiments (eg. ketchup,  
mustard, salad dressing)
- Whole Grain  
Baking Mixes
- Pasta Sauce
- Gluten Free  
Items
- Personal Hygiene  
Products



**Monetary contributions are always welcome.**  
**for each dollar donated —we can provide over 5 lbs. of food!!**  
**For more information please visit [www.fishermansmark.org](http://www.fishermansmark.org)**