



EVERY NEIGHBORHOOD
NEEDS HEALTHY FOOD
Think before you donate. Choose healthy!

THINK BEFORE YOU DONATE!

EVERY NEIGHBORHOOD NEEDS HEALTHY FOOD

 **1 IN 4 AMERICANS** relies on soup kitchens and food pantries to survive.

CRITICAL FACTS

1. Poor nutrition leads to lower immunity and debilitating, costly diseases:
 - **HIGH FAT foods = OBESITY**
 - **HIGH SALT foods = HEART DISEASE (#1 killer in America)**
 - **HIGH SUGAR foods = TYPE 2 DIABETES**
 - **POOR DIET = WEAKENED BRAIN FUNCTION (in children and adults).**
2. Healthy nonperishables cost no more than the versions loaded with sodium, sugar, and saturated fats.
3. YOU can be a part of the solution of combating hunger by donating healthy nonperishables; give nutritious items that you feed your family.

STOP DUMPING GARBAGE INTO FOOD DRIVES

- @food banks
- @soup kitchens
- @church
- @school
- @work

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Donate Food that is *healing* to the hungry:

- **LEAN PROTEINS**
- **NO SODIUM VEGETABLES**
- **LOW SUGAR FRUITS**
- **WHOLE GRAIN ITEMS**

Check out our healthy nonperishable food list and other resources.

41 MILLION AMERICANS DESPERATELY NEED YOU TO TAKE ACTION NOW!



WWW.HEAVENONEARTHNOW.NET

Heaven on Earth NOW, Inc. is a nonprofit devoted to combating hunger with healthy food and creating new beginnings in the homes of people emerging from homelessness and crises.