

# Food Donation Needs at AFAC

The best food donations are healthy (low-fat, low-sugar, low-sodium), but also meet the needs of the multicultural community – Bolivians, El Salvadorians, Russians, and more— that come to AFAC for supplemental groceries.

**Cereal** (low-sugar) is a popular request among our families with children. It can be a good source of fiber, iron, and other minerals and nutrients for kids who may not get these nutrients from other foods.

**Masa** (corn flour) is more finely ground than cornmeal. Our clients can't get enough of this (and regular flour). One bag can make approximately 100 tortillas, but if an adult can eat 6-8 tortillas per meal, 1 bag for a family of four doesn't last long.



Instant packets of **oatmeal** are needed, but a canister means more bang for your buck. And, regular oats have more fiber and nutrients than instant oatmeal.

One of our most requested items is **cooking oil** (canola, vegetable, olive). A single bottle goes a long way.

Low-sodium **soup** is a popular request during colder months. Clients especially like cans with pop-top lids.

**Tuna, sardines, salmon, and chicken** stock a lot of protein in a little can.

Clients prefer fresh produce, but in a pinch and especially during winter months, **canned fruit** (low-syrup) is a good source of fiber.

Most clients prefer **dry beans** (over beans in a can) that they can make whatever way they'd like. Red, black and kidney beans are all popular! They are high in fiber and protein, rich in iron, and low in fat.

**RICE** is a very popular item. Brown, white, long-grain, short-grain... all types are a daily staple in many clients diets.



Bruschetta, flavored olives and other interesting foods help fill the "Choice" shelf at the Arlington Food Assistance Center (AFAC) food pantry. However, AFAC clients prefer mainstream staples (examples above) to the gourmet treats.

year, that number will be closer to 75,000 client visits. Of the total food distributed to clients, 63.5% was donated to AFAC.

Families who rely on seasonal jobs often have a harder time in the winter. At the same time, donations to AFAC often decrease after the winter holidays. Please help by donating these needed foods at this crucial time.

To find out more about food needs, please visit [www.afac.org](http://www.afac.org).

In FY2010, AFAC served over 69,000 client visits; this

