



DONATE HEALTHY FOOD and COOKING SUPPLIES HERE



health brigade
formerly Fan Free Clinic



Thank you for supporting Health
Brigade's Food Farmacy

1010 North Thompson Street
Richmond, Virginia 23230
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Dear Friend:

Thank you so much for your interest in hosting a Food Farmacy Drive for Health Brigade's Food Farmacy program! We rely on your support to make sure that our patients in the Food Farmacy program have access to the healthy, nutritious food.

In becoming a Food Farmacy Drive Coordinator, it is important that you understand a bit about our Food Farmacy program. Here are some highlights:

- Patients in the program suffer from diabetes and hypertension
- They will be offered a comprehensive educational program which includes how to read nutrition labels, grocery store tours, behavior modification strategies, and cooking demonstrations
- Patients will also be given access to healthy foods that fit within the dietary guidelines. **This is where you come in!**

By hosting a food drive that is highly focused on **quality** not **quantity**, you will provide us with the nutritious food necessary to provide to our patients in this program. This requires a paradigm shift for your food drive participants- not cleaning out pantries, or getting the most bang for your buck by buying ramen, but **focusing on donating food that goes beyond filling stomachs to giving patients control over their health.**

In this kit you will find an info sheet for food drive participants and shopping lists for them to take with them to the store. Don't worry! We know that change is hard, and that you will inevitably collect food that is not suitable for this program. We will happily pass that food along to other food pantries who will give it to those in need.

If you have any questions or concerns regarding your food drive, please don't hesitate to contact us!

Sincerely,

Food Farmacy Team
foodfarmacy@healthbrigade.org
804-716-5822



Food Farmacy Healthy Food Drive: Please Donate

Help us give the gift of HEALTH to Health Brigade patients

Healthy food allows us to run our Food Farmacy, where we teach patients with chronic illnesses how eating healthy food can help them take control of their health.

Food Farmacy Drive Begins:	Food Farmacy Drive Ends:	Food Farmacy Drive Coordinator:

Please donate these nutritional non-perishable foods:

Canned Produce

- No Sodium/No Sugar varieties of vegetables
- Vegetables with <300mg sodium per serving
- Canned tomatoes/sauce with <300mg sodium

Grains

- Quinoa
- Couscous
- Brown rice
- Whole grain pasta
- Rolled oats
- Unsweetened/unflavored oatmeal

Canned Protein

- Canned tuna and salmon (packed in water)
- Canned chicken
- Dried beans and lentils
- Canned low sodium beans
- Non-hydrogenated nut butters (NUTS ONLY!)

Kitchen Staples

- Olive oil
- Balsamic vinegar
- Apple Cider Vinegar
- Cooking spray

Grocery or Dollar Tree store gift cards

Please do not donate glass items.

Items donated that do not fit the above categories will be donated to other local food banks.

Give your donation to your Food Farmacy Drive Coordinator or make checks payable to:

Health Brigade

Donate online: www.healthbrigade.org



Questions? Contact your Food Farmacy Drive Coordinator:

To find out how to host your own Food Farmacy Healthy Food Drive, contact us at FoodFarmacy@healthbrigade.org



Food Farmacy Healthy Food Drive: Please Donate

Food Farmacy Food Drive Shopping List

Canned Produce

- No Sodium/No Sugar varieties of vegetables
- Vegetables with <300mg sodium per serving
- Canned tomatoes/sauce with <300mg sodium per serving

Grains

- Quinoa
- Couscous
- Brown rice
- Whole grain pasta
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Canned Protein

- Canned tuna and salmon (packed in water)
- Canned chicken
- Dried beans and lentils
- Canned low sodium beans
- Non-hydrogenated nut butters

Kitchen Staples

- Olive oil
- Balsamic vinegar
- Cooking spray

Grocery store gift cards

Please do not donate glass items.

Remember: quality, healthy food is more important than quantity.

To find out how to host your own Food Farmacy Healthy Food Drive, contact us at
FoodFarmacy@healthbrigade.org

Food Farmacy Drive Parameters

- Food given to Health Brigade patients as part of the Food Farmacy program must meet stringent guidelines, specifically around sodium and sugar content.
- Food drives to support this initiative should target specific types of food (produce, proteins and whole grains) that fit within the parameters.
- HEALTHY FOOD is the goal, not QUANTITY.
- Partnering organizations should be made aware that any food which does not fit into the following parameters will be donated to outside organizations.

Canned Produce

- Low Sodium varieties of green beans, carrots, spinach, mixed veggies, etc.
- Vegetables with <300mg sodium per serving
- Tomato sauce with no additional sodium

Canned Protein

- Canned tuna (low sodium variety)
- Canned salmon
- Canned chicken
- Dried beans
- Dried lentils
- Canned low sodium beans
- Non-hydrogenated nut butters (NUTS ONLY!)

Grains

- Quinoa
- Couscous
- Whole grain pasta
- Rolled oats
- Unsweetened/unflavored oatmeal

Kitchen Supplies

- Olive oil
- Balsamic vinegar
- Apple Cider Vinegar
- Cooking spray
- No sodium spices / herbs
- Measuring Cups and Measuring Spoons
- Solid cutting boards
- Portion control food containers / gladware
- Colanders
- Hand-held spiralizers