

# "Healthy Restock" for Wise County

## Hosted by SWVA Medical Reserve Corps

The Southwest Virginia Medical Reserve Corps is proud to lend a hand to the Wise County Food Bank as they restock their new shelves. Please consider dropping off some of the healthy food items listed below to any of the following locations between Monday, April 20 and May 22nd.

### Meat & Protein Sources:

- ✓ Canned tuna
- ✓ Canned salmon
- ✓ Canned chicken
- ✓ Canned or dried beans
- ✓ Canned baked beans
- ✓ Canned beef stew or chili
- ✓ Peanut butter
- ✓ Nuts (lightly or unsalted)

### Milk Sources:

- ✓ Powdered milk
- ✓ Shelf stable, boxed milk
- ✓ Evaporated milk

### Vegetables & Fruit:

- ✓ Canned vegetables
- ✓ Vegetable/Tomato juice
- ✓ Pasta Sauce
- ✓ Canned fruit in (its own juice)
- ✓ 100% fruit juice
- ✓ Raisins/other dried fruit
- ✓ Fruit cups (good for kid's lunches & snacks)

### Grains:

- ✓ Oatmeal
- ✓ Cream of Wheat®
- ✓ Cereal – low sugar/high fiber like Cheerios®, Shredded Wheat®, Kix®, Bran Flakes
- ✓ Brown rice
- ✓ Pasta, preferably whole grain
- ✓ Whole grain crackers like Triscuit®
- ✓ Graham crackers

### \*\*Please note:

- ✓ Choose low-sodium options for vegetables, beans and soups when possible.

### **QUESTIONS? –**

**Contact 276-274-0555 or**  
**swva.mrc@vdh.virginia.gov**

### Donations will be accepted at:

1. Wise Co. Behavioral Health, 43 Champions Ave, Big Stone Gap
2. Wise Co. Health Dept., 134 Roberts St, Wise
3. C Group Insurance, 402 Wood Ave., Big Stone Gap
4. Pound IGA, 11133 Indian Creek Road, Pound