



American Heart Association®
Heart Walk®

Heart-Healthy Food Drive

WHAT TO DONATE:

- Shelf-stable items that are low in fat, sugar and sodium
- Items with the American Heart Association's Heart Check Mark
- Low-sodium vegetables and low-sugar fruits
- Canned tuna and chicken
- Peanut butter/nut butters
- Low-sodium soup
- Canned or dried beans
- Whole-grain pasta, rice, quinoa and other grains

Collection takes place at the
AUSTIN HEART WALK
Sunday, November 16, 2025
Waterloo Park



Austin Heart Walk Food Drive
Sponsored by:

StDavid's HEALTHCARE

For More Information: Annie Gentilini at annie.gentilini@heart.org