



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
LONG ISLAND HEART WALK
September 22, 2024
Jones Beach, Field 5



Stocking Healthy Pantries
Sponsored by:



WebsterBank®

For More Information: Darby Schwier at darby.schwier@heart.org