



American Heart Association.  
**Heart Challenge™**

## Syracuse Heart Challenge Spices Up the Walk!

Let's make sure every meal can include healthier options!

1 in 10 people in America are not getting enough food or nutrients they need. COVID-19 has amplified this need by making it harder for many to afford or access healthy food. Our neighbors who rely on food pantries appreciate having healthy options.

**What can you do about it?**

### Spice Up Our Walk!

**Bring bottles of dried herbs and spices!**

**Bring foods which are low-sodium/salt or have zero added sugars!**

**Collected on April 16, 2023**

Donations will support local food pantries in our community

[Visit here for a list of desired items.](#)

Not sure what to donate? Look for foods with the AHA's Heart Check Mark, indicating it meets our rigorous requirements for low sodium and sugars.



**Bring your donations to the Syracuse Heart Walk!**

**Sunday, April 16 at 10 am at the SRC Arena at Onondaga Community College**

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