

Food Drive Essentials

Grace Medical Home helps address food apartheid (inequitable access) and transportation barriers that make it difficult for people who are food insecure to access the nourishing, affordable food they need. Working through a network of food aid partners including [Second Harvest Food Bank of Central Florida](#), [Servant's Heart Ministry](#), [The Fresh Stop Veggie Rx](#), [4Roots](#), [the Heart of Florida United Way](#), and [Elevation Church](#), we provide two food bags per month to our patients in need. Patients receive a food bag consisting of staple foods, including cereal, rice, beans, low sodium canned meat, low sodium canned vegetables, canned fruit, and frozen meat.

You can help supplementing our food provisions by collecting the following items and delivering it to Grace Medical Home:

Pantry Staples

- **Canned and dry beans** - black beans, kidney beans, white beans, chickpeas, pinto beans, etc.
- **Canned tomatoes** - diced, crushed, sauce, and paste
- **Onions**
- **Sweet potatoes and white potatoes**
- **Garlic**
- **Pasta**
- **Grains** - rice, brown rice, quinoa, barley, etc.
- **Broth** - Chicken and vegetable broth are the most versatile.
- **Dried fruit** - You'd be surprised how much depth raisins, dates, or dried cranberries can add to a recipe.
- **Salsa** - It's a great go-to for added flavor.

Freezer Items

- **Frozen peppers/onions** - a quick replacement for the fresh versions.
- **Frozen peas** - Mix into soup, chili, pasta, casseroles...an easy way to add veggies.
- **Frozen spinach** - Another quick and easy way to add veggies to a meal.

Fridge Items

Shredded cheese and/or **grated parmesan cheese** - for sprinkling

Eggs - Want to kick your meal up a notch? Put an egg on it.

Nonfat plain Greek Yogurt - A healthy go-to topping that tastes like sour cream!

To schedule your Food Drive or for additional information, contact Ann-Marie Cools, Community Nutrition, acools@gracemedicalhome.org or 407.936.2785, X2033.