

# MILWAUKEE CHRISTIAN CENTER FOOD PANTRY

Milwaukee Christian Center believes strong neighborhoods must have access to healthy food. Our food pantry strives to use the “MyPlate” model , distributing foods that meet USDA nutrition recommendations.

## THE MYPLATE MODEL

In 2017, MCC’s partner Hunger Task Force became the first food bank in the nation to operate the MyPlate model based on the USDA’s nutritional guidelines. MyPlate encourages people to eat healthy foods by choosing the right types and amounts of foods .

## WHAT TO DONATE?

When choosing items to donate from the grocery store shelf, think about: low fat boxed milk; canned vegetables that are low in sodium; canned fruits packed in their own juice and 100% fruit juices; lean meats and whole grain cereals and pastas.



### Fruits

- Peaches
- Pears
- Pineapple
- 100% Fruit Juice



### Vegetables

- Green Beans
- Corn
- Tomatoes
- Spaghetti Sauce



### Proteins

- Canned Tuna
- Peanut Butter
- Canned Beans
- Canned Chicken



### Grains

- Brown Rice
- Oatmeal
- Low Sugar Cereal
- Multigrain Pasta



### Dairy

- Skim Milk
- 1% Milk
- Almond Milk
- Soy Milk  
(All boxed)



### Snacks

- Granola
- Nuts & Seeds
- Dried Fruit
- Graham Crackers



### Condiments

- Salsa
- Oils
- Mustard
- Salt-Free Seasonings

TOGETHER WE CAN BUILD STRONG  
NEIGHBORHOODS FULL OF OPPORTUNITY.  
THANK YOU FOR YOUR SUPPORT.



Building Strong Neighborhoods  
Full of Opportunity