

# TOGETHER, WE CAN MAKE A DIFFERENCE

## Our Commitment:

The Cougar Cupboard recognizes the vital role that food and nutrition play in supporting our students' health. We are committed to providing nutritious foods to the UH community through a client-choice food pantry model. While we appreciate all donations, certain items align more closely with our commitment to supporting our neighbors.



## Donations:

We are always on the lookout for donations of fresh produce, grains, proteins, and healthy snacks which are both full of nutrients and help to promote heart healthy choices.

Contact [Uhcupbrd@cougarnet.uh.edu](mailto:Uhcupbrd@cougarnet.uh.edu) to schedule your donation day!

"In partnership with the American Heart Association, the Cougar Cupboard has adopted a Healthy Heart Pantry Model"

# GREEN: DONATE OFTEN

## FRUITS & VEGETABLES

- Low sodium, packed in water
- Nutritional shakes

## GRAINS

- Whole grain options
- Rice, whole grain pasta, oats

## HEALTHY SNACKS

- High-fiber granola/protein bars
- Nuts (low/no salt)
- Low-sugar instant oatmeal

## PROTEINS

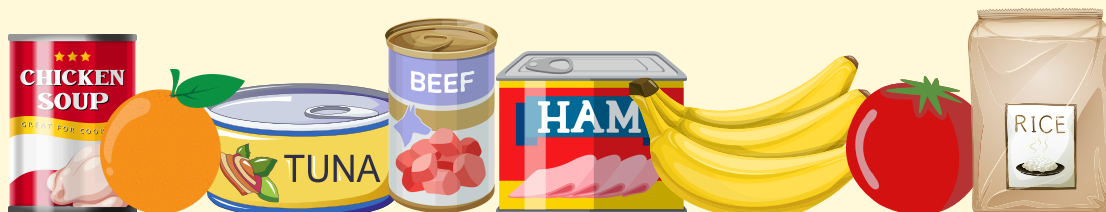
- Low Sodium, no added sugar
- Fresh or canned veggies & fruit

## COOKING ESSENTIALS

- Vegetable oil
- Spices (salt, pepper, cumin, etc.)

## BEVERAGES

- Coffee (instant or ground)
- Shelf-stable milk
- 100% fruit juice (no sugar added)



# RED: DO NOT DONATE

While we appreciate all donations, we'd like to discourage donations of the following items due to their low nutritional. We also cannot accept any items beyond their printed use-by or best-by date.

## CANNED ITEMS

- Canned fruit in heavy syrup
- High sodium canned food

## PROCESSED FOOD

- Cookies candy chips
- Instant ramen

## BEVERAGES

- Soda, regular or diet
- Energy drinks
- Sugar-sweetened juice
- Coffee and tea w/added sugar

