

Stop Senior HUNGER

A COMFORT KEEPERS® INITIATIVE

In partnership with
Valencia County
Older Americans Program
Joseph Campos, Director



Join Comfort Keepers and Valencia County Older Americans Program Today to Fight Senior Malnutrition!

Hunger is a serious threat facing millions of seniors in the United States. It is estimated that one in nine seniors experience some form of hunger or food insecurity. Join us in support of *Comfort Keepers*® and the *Valencia County Older American's Program* campaign to **STOP Senior Hunger** by making a donation of senior-friendly food at any of the following locations throughout May in recognition of National Older Americans Month.

FOOD COLLECTION SITES:

Belen Senior Center	Comfort Keepers, 1202 Main St. (by appt. only)
Los Lunas Senior Center	Los Lunas Village Hall
Old County Courthouse Los Lunas	RSVP Office, 100 Main St., Belen
School of Dreams Academy, Los Lunas	Center for Ageless Living, Los Lunas
Youth Center	Goldie's Café, Rio Communities

**To speak with us about improving nutrition through our homecare services,
please call**

Comfort Keepers: 505.515.0001



**Comfort
Keepers®**

Comforting Solutions for In-Home Care®



Suggested Non-Perishable Food Donations for Seniors

Thank you for your generosity!

Fruits

- Canned mixed fruit (in light syrup)
- Canned pineapple (in light syrup)
- Canned peaches and pears (in light syrup)
- Individual servings of fruit or applesauce
- 100% fruit juices (apple, grape, cranberry)
- Raisins
- Prunes
- Dried mixed fruits
- Fig bars
- Applesauce

Vegetables

- Mixed Vegetables (Low sodium)
- Chickpeas
- Black beans
- Baked beans
- Canned or stewed tomatoes
- Jarred salsa
- Canned beets

Protein (Meat/Fish)

- Canned Tuna (Packed in Water)
- Canned Salmon (Packed in Water)
- Canned Mackerel (Packed in Water)
- Canned Chicken
- Canned Beef

Protein (Other)

- Peanut Butter
- Ensure® Nutrition Shake
- Ensure® Protein Bars
- Canned Nuts (No salt added)
- Trail mix

Soups

- Low sodium soups

Whole Grains

- Brown rice
- Instant oatmeal (Low sodium or heart healthy)
- Dry cereals (Cheerios®, Shredded Wheat®)
- Cream of Wheat®
- Whole grain/wheat pasta
- Crackers
- Muffin and bread mixes

Dairy

- Evaporated Milk
- Nonfat dry milk
- Nondairy creamer

