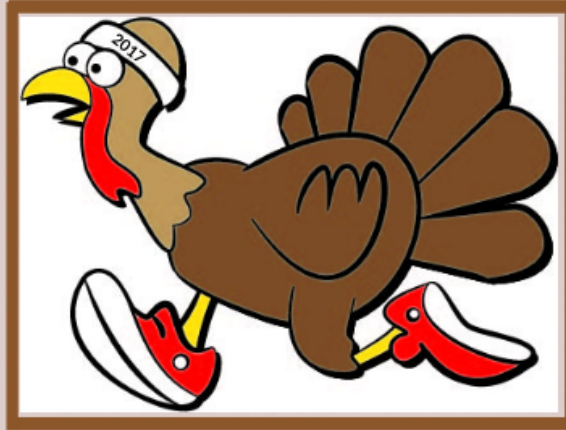


2nd  
Annual

# CLINTON TURKEY TROT

2 MILE  
RUN/WALK  
1/2 MILE KIDS



23 NOVEMBER  
2017  
8:00am  
Heldt Paulson  
Park (off of  
Wagner Drive)

FREE

Bring a donation for local food pantry

<https://www.facebook.com/Clintonturkeytrot/>



## Healthy Food Drive Shopping List

Are you generously collecting nonperishable food items to give to a local food bank or food pantry? The American Heart Association | American Stroke Association recommends choosing healthier versions of food items, including some of the healthier options listed below. Share *healthy* foods with heart!

- Low-sodium or no-salt canned vegetables
- Low sugar, low sodium pasta sauce
- Canned fruit packed in 100% juice or water
- Unsweetened applesauce
- Unsweetened dried fruit (such as raisins, not fruit leather or roll ups)
- Shelf-stable milk
- Almond or soy milk
- Whole wheat pasta
- Brown rice
- Low-sodium canned beans or dried beans
- Canned tuna/canned salmon
- 100% fruit spread – no sugar added
- Natural peanut butter (no sugar, no hydrogenated oils – just peanuts) or low-sugar
- Salsa
- Low-sodium or no-salt canned soups
- Low-sugar cereals, whole grain cereals
- Whole wheat tortillas
- Taco shells
- Unsweetened/plain oatmeal
- Dried herbs and spices
- Honey
- Olive oil
- Canned tomato products (low sodium diced/pureed or crushed)
- Non-creamy salad dressings/vinegars
- Low sodium chicken/vegetable broth or stock
- Canned unsalted nuts



Not sure what to donate? Look for the **Heart-Check mark** to quickly and easily spot heart-healthy foods.

Learn more about healthy eating at [www.heart.org/nutrition](http://www.heart.org/nutrition).

Contact your local American Heart Association office at 845-867-5374 or join us online at

[www.facebook.com/AHANewYork](https://www.facebook.com/AHANewYork) [www.twitter.com/hvheartassoc](https://www.twitter.com/hvheartassoc)  
[www.instagram.com/AHANewYork](https://www.instagram.com/AHANewYork) [www.heart.org/hudsonvalley](http://www.heart.org/hudsonvalley)

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