Thanks for your donations! We are trying to support HIV positive clients with the following medical issues:

- Diabetes
- High Blood pressure
- Other cardiovascular issues
- Obesity

Donating 12-24 containers of one type of food product is very helpful for consistency.

Here are some pointers on WHAT we need.

Healthy proteins to support the body:

- Canned tuna, chicken or turkey in the brine.
- Beans, lentils (in cans or bags) and canisters of peanut butter.
- Meals like spaghetti meatballs, pork 'n beans, chili and stews.

Grains provide energy and gut-friendly fiber:

- Rice, pasta (whole-wheat), couscous, oats, and healthy cereals, like bran flakes, cheerios and shredded wheat.
- Granola bars, wheat thins and popcorn make healthy snack items.

Milk products for bone health:

- Cartons of UHT long life milk, cans of evaporated milk and milk powders.
- 1% milk is ideal.

We all need fruits and vegetables daily. Some great options:

- Any 15-16oz canned produce
- 'Low sodium' or 'lite syrup' versions are helpful.
- Bags of dried fruit, cartons of apple sauce or boxes of fruit juice are helpful.
- If fresh is an option, shelf stable potatoes, winter squash, onions, corn, apples, and oranges are great!

Still need some help? Please contact:
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