

# DONOR *report*

● VOLUME 6 | ● FALL | ● 2016

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## Costco Healthy Food Project Provides Healthy Food to Those In Need

Many of the people who seek food assistance in North Alabama suffer from diet-related diseases, so healthy foods, nutrition education, and menu ideas are especially welcome.

Thanks to the generosity of Costco, the Food Bank received a \$20,000 grant. We used the funds to make two large purchases of healthy food product, which we made available to our food program partners. The menu selection of the healthy foods was chosen by two dietetic interns from the University of Alabama at Birmingham, who developed the menus last spring while interning at the Food Bank. During their respective weeks at the Food Bank, the interns analyzed the nutritional content of many of the items at Costco, and then developed the menus, keeping the goals of a balanced diet in mind.

The first one was called the *Costco Healthy Food Package*. This included a wide variety of items including canned chicken, peanut butter, canned corn, diced tomatoes, and healthier spaghetti and pasta sauce.

The second package was called the *Protein Plus Package*, featuring canned chicken, canned tuna, and black beans. These popular lean proteins help clients to build balanced meals.

This project, which is a continuation of the Food Bank's **Good Food Project**, was a huge hit with our feeding program partners who love offering healthy food items to those in need. Many of our agencies that received the Costco healthy food items have asked when the program will be returning.

Through this program, we were able to distribute 17,320 pounds of food, which equals **14,433 meals** for neighbors in need.

**Thank you, Costco, and our other community partners who help provide healthy meals for neighbors in need.**

Amazing things happen because  
of donors like you!

