

# National Nutrition Month Donation Campaign



National Nutrition Month is celebrated every year in March. For 2024, we will be celebrating by holding a donation campaign. Donations will be distributed to MCPH WIC and food pantries in Madison County. These donations will help individuals/families who do not have access to healthy food options and the resources to prepare it.

## Donation Campaign

### Duration:

Donations will be accepted through the end of March 2024. Followed by distribution of collected items beginning in April 2024.

### Donation Collection Sites and Times:

- Madison County Public Health (M-F 8:30am-4:30pm)
- Madison County OSU Extension (M-Thur 8am-6pm)
- Department of Job and Family Services (M-F 8am-4pm)
- Mt. Sterling Community Center (M-F 9am-5pm)
- Madison Health (donation collection boxes located at G.C. Diner)
- Jonathan Alder Highschool (collection site only for students during school hours)
- Madison Plains Intermediate (collection site only for students during school hours)
- Madison Plains Elementary (collection site only for students during school hours)

For any questions, please reach out to Elizabeth Devine at Madison County Public Health  
(740)-852-3065 X1540 OR  
EDEVINE@MADISONPUBLICHEALTH.ORG

## Food/Cooking Supplies Donation List:

- Cooking Supplies:**
  - Can openers
  - Colanders/pasta strainers
  - Knife sets for food preparation
  - Cutting boards
  - Kitchen scissors
  - Vegetable peelers
  - Graters
  - Microwaves
  - Crock pots
  - Blenders
  - Frying pans/skillets
  - Saucepans
  - Mixing bowls
  - Baking sheets
  - Stirring spoons
  - Slotted spoons
  - Ladles
  - Spatulas
  - Whisks
  - Tongs
  - Oven gloves/potholders
  - Plastic containers for food storage
  - Plastic zipper bags for food storage
  - Foil
  - Forks/spoons/knives flatware
  - Plastic plates and bowls
- Seasonings:**
  - Black pepper
  - Garlic powder
  - Onion powder
  - Seasoning mixes (salt-free)
  - Cinnamon
  - Brown sugar
  - Baking powder
  - Vanilla extract
  - Honey
  - Olive or canola oil
- Meat, Beans, & Nuts:**
  - Canned chicken
  - Canned tuna
  - Dried or canned beans
  - Nuts (unsalted)
  - Peanut butter or other nut butters
- Fruits:**
  - Canned fruits (in juice or light syrup)
  - Dried fruits
- Grains:**
  - Brown/white rice
  - Quinoa
  - Pasta sauce (low sodium)
  - Pasta (whole grain)
  - Whole wheat flour
  - Rolled oats
- Vegetables:**
  - Canned vegetables (low sodium)
  - Canned soup (low sodium)
- Dairy:**
  - Shelf stable milk and milk substitute

