



June 4, 2012

Dear Community Advocate,

We are sending you a "Top Food Pantry Picks" handout that outlines healthier choices when selecting or soliciting food items for community members to donate to food drives.

As you probably know, Ulster County has a relatively high obesity rate among adults and children. This list provides general guidance to ensure that women and families who lack sufficient financial resources are able to improve their health with donations of higher quality foods.

Please feel free to copy this list and distribute it to your constituents.

If you would like an electronic copy to post on your website or to email to food donors you may go to the Healthy Ulster website to download a copy.

<http://healthyulstercounty.net/>

Thank you for supporting healthier choices for Ulster County residents!

Brought to you by the:

Ulster County Department of Health

Partners in Public Health

Healthy Women Committee