Milk is one of the most requested and nutrient-rich food items in Feeding America’s food banks, yet there’s a nationwide shortage because milk is rarely donated. Nearly half of the nation’s food banks get fewer than 24 gallons of milk donated per week. The Great American Milk Drive hopes to bridge this gap.

To make ends meet, 81% of families are purchasing inexpensive, unhealthy food; 55% eat food past expiration; and 40% water down food or drink. These are common coping strategies that directly impact health and nutrition.

Milk is an affordable, efficient way to get nutrients into the hands of people who need it. With 8 grams of high-quality protein per serving, milk is the No. 1 food source of 3 of the 4 nutrients Americans often lack in their diet – calcium, vitamin D and potassium.

What is the Great American Milk Drive?

The Great American Milk Drive is the first-ever nationwide program to deliver highly desired and nutrient-rich gallons of milk to hungry families who need it. The initiative – a partnership between Feeding America, dairy farmers and milk companies – makes it easy to donate gallons of milk to hungry Americans in your local community.

The effort is being supported in Ohio by the Ohio Association of Foodbanks and the American Dairy Association Mideast.

How Can I Make a Donation?

You can help get milk to families in need in your community:

- **Online**: Donate milk to families in need for as little as $5.00 at [www.milklife.com/give](http://www.milklife.com/give).
- **Text**: Text “Milk” to 27722 to make a donation.

By entering your zip code, you can ensure that your donation will deliver milk to needy families in your community.

Why are Donations Needed?

More than 1 in 6 Ohioans turns to the Ohio Association of Foodbanks network for food assistance. 83% of these client households are food insecure, meaning that they were without reliable access to a sufficient quantity of affordable, nutritious food at some point during the past year.

For more information about the Great American Milk Drive, visit [www.milklife.com/give](http://www.milklife.com/give).
When donating food, it’s important to consider giving healthy, high-quality shelf-stable items to meet the nutritional needs of most families. Nutrient-rich foods can help build a healthier community. Take a look at the food groups below to help guide you in donating nutrient-rich foods. Any donations are valued.

**MILK GROUP**
Choose shelf-stable, low-fat dairy products with vitamin D added.
- Dry/powdered milk
- Evaporated milk
- Boxed shelf-stable milk
- Pudding cups
- Canned parmesan cheese

**FRUIT AND VEGETABLE GROUPS**
Choose canned or dry fruits and vegetables in an array of colors to ensure a range of vitamins and minerals.
- Canned vegetables
- Vegetable juices and soups
- Diced tomatoes
- Tomato juice and sauce
- Canned spaghetti sauce
- Canned salsa
- Boxed potatoes
- Canned fruit (in its own juice)
- Fruit juice (100% juice)
- Dried fruit
- Shelf-stable fruit cups

**GRAIN GROUP**
Choose shelf-stable whole grains as often as you can for the most nutritional value.
- Oatmeal/oats
- Whole grain crackers
- Whole-wheat pasta
- Low sugar/high fiber cereals
- Hot cereal/grits
- Brown or wild rice
- Popcorn
- Quinoa or couscous

**PROTEIN GROUP**
Choose canned lean meats as a good source of low-fat protein and canned or dry beans as a good source of fiber.
- Canned tuna fish, salmon or crab (packed in water)
- Canned chicken
- Canned bean soups
- Canned baked beans
- Dried and canned beans or peas
- Canned beef stew or chili
- Peanut butter or other nut butters
- Nuts and seeds