



Donating healthy options
to harvest healthy communities

Healthy Donation Ideas

- Low-sugar cereals
- Brown rice
- Whole oats
- Canned tuna or chicken (in water)
- Lean sources of protein (peanut butter, lean meats, eggs)
- Fresh fruits
- Fresh vegetables
- Low-sodium foods (soups, tomato sauce, tomato juice)
- Beans (dried or canned)

Mower County Food Shelves

Adams

- Little Cedar Lutheran Church | 507-582-3185
308 NW Lewison Street

Austin

- Salvation Army | 507-437-4566
409 First Ave NE
- Donation Center | 507-433-7203
704 10th Street NE

Grand Meadow

- Old Brick School Building | 507-754-5629
309 Second Ave NE

LeRoy

- 121 W Main Street
507-324-5722

Lyle

- Our Savior's Lutheran Church
103 Pershing Street

Racine

- United Methodist Church | 507-378-4801
401 East Main Street

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Refreshed
Making healthy choices a priority

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