Help those in need eat healthier!

Heart health depends on eating a healthy diet. The American Heart Association recommends canned fruits (no sugar added), canned veggies (low sodium), canned tuna (in water) and whole grains as part of a healthy diet.

We’re asking all participants to bring one non-perishable, heart-healthy item to donate at the Metro Detroit Heart Walk Saturday, May 12 | Festival Grounds Open 8am Wayne State University 457 W. Palmer Ave. | Detroit, MI 48202

All food will be donated to The W Food Pantry.

Suggested items:

- Canned Tuna (in water)
- Canned fruit (no added sugar)
- Canned veggies (low sodium)
- Whole grain pasta
- Brown Rice
- Oatmeal Cereal
- Lentils/Beans
- Canned Soups (low sodium)

For more info about The W Food Pantry, visit www.thew.wayne.edu

For more info about the Heart Walk email detroit.heartwalk@heart.org or call 248.936.5872

miheartwalk.org

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