





During April, let's celebrate both [Servathon](#) and [Earth Day!](#) As we help food-insecure communities, we can benefit both human nutrition and the planet by encouraging more sustainable consumption patterns. For this reason, we suggest food drives include the collection of plant-forward foods like canned dried and canned vegetables, fruits and beans, nuts and seeds, grains, oats, and canned soups filled with vegetables.

Eating a diet rich in plants not only helps our planet by reducing carbon emissions and helping to conserve water; it also helps provide essential vitamins, minerals and fiber needed for a healthy diet. Today, many people struggling with food insecurity eat too few plant-forward foods. We want to make plant-based foods more popular by helping educate people about the nutritional benefits of canned products, making them part of an affordable diet and using them in delicious meals properly.



Despite popular belief, canned fruits and vegetables are a convenient, tasty and [nutritious way](#) to boost produce – and at a good value. Not only does canned produce compare with fresh and frozen nutritionally, but canned foods generally help cut down on food preparation and make it easy to get healthy, home-cooked meals on the table fast. Canned produce can also help American families stretch their grocery budgets. In fact, canned vegetables can be half the cost of frozen and one-fifth the cost of fresh, with the most popular canned vegetables (corn, tomatoes, peas and green beans) particularly less expensive than their fresh or frozen counterparts. In addition, eating plant-based sources of protein like beans, lentils, chickpeas and other legumes can help ensure people are eating excellent protein sources while also [saving money](#) at the store.

For these reasons, promoting plant-forward food consumption can result in better health for both people and our earth. Please consider this LOVE THE PLANeT food drive theme as one way to support those in need of additional food throughout [Servathon](#).

## Get Involved

You can find additional information about how to implement a food drive on the [Servathon Sodexo Net](#) page. In addition to implementing a traditional food drive, your community may also have volunteer opportunities in which you can engage, like [Farm to Food Bank](#), Farm to Food Pantry or [Farmers Ending Hunger](#) programs. We also encourage you to engage with Stop Hunger during [Servathon](#) by reviewing our culinary demos and recipe cards that focus on consuming plant-forward foods.

