



Every Kupuna NEEDS healthy foods.
Please think before you donate. Your healthy surplus can make a difference for Kauai Kupuna in need! One small act or donation by every person can change the world!

Please bring your donations to the Kauai Independent Food Bank warehouse in Nawiliwili or to any County of Kauai Fire Station.

For directions to the Kauai Independent Food Bank [click here](#)

Fire Station Locations

Station 1
Princeville/Hanalei - 4390 Kuhio Hwy

Station 2
Kapa`a (by Foodland) - 757 Kuhio Hwy

Station 3
Lihue (by Kalena Park) - 4223 Rice Street

Station 4
Koloa - 2810 Poipu Rd

Station 5
Kalaheo - 2480 Kaumuali`i Hwy

Station 6
Hanapepe - 3787 Kaumuali`i Hwy

Station 7
Waimea - 9835 Kaumuali`i Hwy

Station 8
Kapa`a/Kealia - 1881 Kuhio Hwy

Shop healthy...donate healthy!

Fruits

- Canned Fruit (no sugar added)
- 100% Fruit/Vegetable Juice
- Fresh Fruit

Vegetables

- Canned Vegetables (low sodium)
- Canned Soup (low sodium)

Grains

- Whole Grains (Quinoa, oatmeal, etc.)
- Brown or Hapa Rice
- Whole Wheat or Brown Rice Pasta
- Whole Grain Cereals

Protein

- Dry or Canned Beans & Lentils
- Canned Tuna, Sardines or Chicken (in water)
- Nuts, Seeds and Nut Butters (non---hydrogenated)

