

Your specific dietary needs depend on your age, sex, height, weight, and physical activity level. Talk to health care provider about what is best for you.

Fruits and Vegetables

Eating fruit and vegetables has many health benefits. Fruits may be fresh, frozen, canned, or dried/dehydrated. Fruits can be eaten whole, cut up, pureed (mashed), or cooked. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried, and served whole, cut up, or mashed.

Grains

Eating whole grains as part of a healthy diet may reduce the risk of getting heart disease, support healthy digestion, and may help with weight management. Examples include whole-wheat flour, bulgur (cracked wheat), oatmeal, and brown rice.

Protein

Protein foods include all foods made from seafood, poultry, eggs, and also beans, peas, lentils, nuts, seeds, and soy products. Eat a variety of protein foods to get more of the nutrients your body needs. Meat and poultry choices should be lean or low-fat, like 93% lean ground beef, pork loin, and skinless chicken breasts.

Dairy

About 90% of Americans do not get enough dairy and could benefit from getting more fat-free or low-fat dairy. This can come from milk, yogurt, or cheese. It can also come from lactose-free milk and fortified soy milk or yogurt.

Please call individual food pantries for availability.



904-529-2800
Clay.FloridaHealth.gov



Community Food
Pantry
OF CLAY COUNTY

Providing food to those in need.

Orange Park

Celebration Church

512 Kingsley Ave, Orange Park, FL
904-737-1121
celebrationjax.org/outreach

Springs Church

900 Park Ave., Orange Park, FL
904-379-6208
[tscjax.churchcenter.com/
groups/outreach/food-pantry](http://tscjax.churchcenter.com/groups/outreach/food-pantry)

The Clothes Closet & Food Pantry

1010 Fromhart St., Orange Park, FL
904-264-5239
www.ccfpop.org

Good Samaritan Ministry of Orange Park Methodist Church

152 Stowe Ave., Orange Park, FL
904-264-6255
www.opmethodist.org

Calvary Care at Calvary Church of Orange Park

9 Knight Box Rd., Orange Park, FL
904-272-5774
www.caop.Church/Calvary-Cares

Orange Park High School

2300 Kingsley Ave., East Parking Lot
jennifer.salliotte@chsfl.org

Green Cove Springs

Green Cove Springs Food Pantry

1107 Martin Luther King Jr. Blvd.
Green Cove Springs, FL
904-284-0814
foodpantryofgreencovesprings.org

Challenge Enterprises Food for Clay-Food Distribution

3530 Enterprise Way
Green Cove Springs, FL
904-284-9859
challengeenterprises.org/events/month

Keystone Heights

Lake Area Ministries Keystone Heights

131 NE Commercial Circle
Keystone Heights, FL
352-473-2846
awall05.wixsite.com/lake-area-ministries

Fleming Island

Food and Friends at River Christian Church

5900 US HWY 17, Fleming Island, FL
904-458-4809
riverchristian.church/food-and-friends

Orange Cove Seventh-Day Adventist

4501 US HWY 17, Fleming Island, FL
904-269-2607
www.orangecovesda.org

Middleburg

Agape House First Baptist Church of Middleburg

2645 Blanding Blvd., Middleburg, FL
904-282-5289
firstmiddleburg.org/calendar

Black Creek Methodist Church Food Bridge/Bread Basket/Clothes Closet

3925 Main St., Middleburg, FL
904-282-5589
[blackcreekmethodist.org/food-
bridge-app](http://blackcreekmethodist.org/food-bridge-app)

Good Samaritan Anglican Church Food Pantry

3813 Old Jennings Rd., Middleburg, FL
904-406-5660
goodsamaritananglican.org/calendar

Salvation Army of Clay County

2795 County Rd. 220, Middleburg, FL
904-276-6677
salvationarmyusa.org/usn

St. Mark's Missionary Baptist Church

2703 Forman Circle, Middleburg, FL
904-868-6849

Wilkinson Jr. High Kitchen Shelves

5025 County Rd. 218, Middleburg, FL
904-336-6175, ext. 6-6189