

SUGGESTED HEALTHY DONATIONS

VEGETABLES

low-sodium tomato products + tomato paste +
fresh produce + reduced sodium vegetable soup
+ low-sodium or no salt added canned vegetables +

FRUITS

fresh produce + canned fruits in own juices +
no sugar added applesauce + dried fruits + raisins
+ fruit cups (100% fruit) + low sugar fruit spreads

GRAINS, CEREAL, RICE & PASTA

brown or wild rice + plain oatmeal + egg noodles +
whole wheat pasta + granola bars (>2g fiber/serving)
+ whole wheat or whole bran cereal (>5g fiber/serving) +
hot cereal mixes (cream of wheat, cream of rice)
+ whole grain crackers (>2g fiber/serving)

DAIRY

powdered milk + fat free pudding
+ shelf-stable milk (soy or almond milk in a box)

POULTRY, FISH, BEANS & NUTS

+ dried beans + low-sodium broth
+ canned salmon + reduced sodium peanut butter +
packaged, shelf stable chicken or turkey + unsalted nuts
+ low-sodium canned beans + low-sodium tuna in water +
low-sodium, low fat creamed soups

FATS & OILS

olive oil + coconut oil + almond oil
low-sodium, low fat salad dressing

SPICES/OTHER

garlic + ginger + marjoram + nutmeg + parsley + onion +
oregano + basil + cinnamon + chili powder + cloves + dill
+ rosemary + sage + thyme + low sodium soy sauce

PLEASE DO NOT DONATE: RUSTY OR UNLABELED CANS, FOOD
IN GLASS JARS, HOMEMADE ITEMS, NONCOMMERCIAL CANNED OR
PACKAGED ITEMS, OPEN OR USED ITEMS, SUGARY DRINKS, CANDY,
UNHEALTHY SNACKS OR ALCOHOL.