

Healthy Food Donation Ideas

Everyone can benefit from eating right!

Consider these healthy options when donating to food pantries:

Vegetables

- ☐ Canned veggies, low salt or no salt added
- ☐ Low sodium tomato sauce
- ☐ Low sodium tomato paste
- ☐ Low sodium veggie juices
- ☐ Canned white or sweet potatoes
- ☐ Salsa

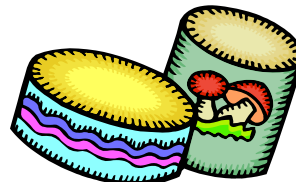


Fruit

- ☐ Canned fruit in its own juices
- ☐ Applesauce, no sugar added
- ☐ Dried fruits, raisins and cranberries
- ☐ 100% fruit juices
- ☐ Low sugar fruit spreads

Grain Products

- ☐ Brown rice or wild rice
- ☐ Whole grain pasta
- ☐ Whole grain cereals (not sugar coated)
- ☐ Oatmeal
- ☐ Whole grain crackers
- ☐ Granola bars
- ☐ Fat free tortillas



Dairy

- ☐ Powdered milk
- ☐ Shelf stable milk
- ☐ Milk alternatives such as rice and soy milk (shelf stable)
- ☐ Fat free pudding (shelf stable)

Protein

- ☐ Canned light tuna or chicken, packed in water
- ☐ Low sodium shelf-stable meats
- ☐ Canned beans
- ☐ Dried beans
- ☐ Bean soups
- ☐ Unsalted nuts
- ☐ Light peanut butter

