

Suggested Healthy Food Donations

Please help your local food pantry improve the quality of the food it distributes by donating the following healthy items based on the food pyramid.

Fruits

- Canned fruit in light syrup or in own juices
- No sugar added applesauce
- Dried fruits, raisins
- 100% fruit juice
- Low sugar fruit spreads

Vegetables

- Low sodium or “No salt added” canned Vegetables
- Low sodium canned tomato products or Juices
- Canned white or sweet potatoes
- Boxed powdered or flaked potatoes (no additives)
- Salsa
- Shelf stable pasta sauces, low sodium

Grains

- Brown or wild rice
- Whole grain pastas or noodles
- Whole grain/bran cereals
- Low fat all purpose mixes
- Plain or low-sugar oatmeal
- Reduced-fat whole grain crackers
- Granola bars
- Low fat graham crackers/animal crackers
- Trans fat free tortillas

Dairy

- Powdered milk
- Shelf stable milk or soy milk (in a box)
- Fat free pudding
- “Velveeta like” cheese

Poultry/Fish/Beans/Nuts

- Packaged, shelf stable, chicken or turkey
- Packaged, shelf stable, fish or seafood(light)
- Canned or dried beans
- Low sodium broth or bean soups
- Low fat, low sodium cream soups
- Unsalted nuts
- Peanut butter

Spices/ Other

- Olive Oil
- Canola Oil
- Basil
- Cinnamon
- Chili Powder
- Cloves
- Dill Weed/seed
- Garlic
- Ginger
- Marjoram
- Nutmeg
- Onion
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme
- Pepper