

# Healthy Food Donation Tips

[Agency / Site Name] would like to provide healthier food options to our clients facing food insecurity. Please help us support health and wellness in our community by donating the following food and personal care items.



## Fruits and Vegetables:

- Canned Vegetables – *low sodium or no salt added*
- Canned fruit – *no sugar added*
- Applesauce – *no sugar added*
- Dried fruit – *no sugar added*
- Canned or boxed fruit juice (*100% juice, no sugar added*)
- Canned tomatoes

## Whole Grains

(First ingredient should say the word “whole,” such as whole wheat, whole corn)

- Whole grain cold cereal – *low sugar* (toasted oats, bran flakes, shredded wheat)
- Hot Cereal – *no sugar* (oatmeal, cream of wheat, grits)
- Brown or wild rice
- Pasta – *100% whole grain preferred*
- Quinoa
- Whole grain crackers and rice cakes
- Popcorn – *low or no fat or salt*
- Granola Bars

## Protein

- Canned meat and fish – *low sodium* (chicken, salmon and tuna)
- Canned beans – *low sodium*
- Dried beans, lentils and peas
- Nuts and seeds (almonds, peanuts, pumpkin seeds, sunflower seeds)
- Nut and seed butters (peanut butter, almond butter, sunflower seed butter)
- Protein bars – *at least 6g protein per bar*

## Milk and Milk Substitutes

- Shelf-stable low-fat powdered or evaporated milk
- Shelf-stable boxed soy or rice milk - *unflavored*

## Pantry Staples

- Flour
- Spices
- Bottled vegetable or olive oil (plastic or metal containers only)
- Broth – *low sodium* (chicken, vegetable)

## Other

- Boxed meals – *low or reduced sodium* (complete dinners, helper and pasta meals)
- Canned or boxed stews and soups – *low sodium*
- Canned tomato sauce – *low sodium*
- Baby Food and Formula (plastic containers only)

## Personal Care Items

- Diapers
- Toothpaste & Toothbrushes
- Soap & Shampoo
- Disposable Razors

## Please limit donations of:

- Sugary drinks (pop, fruit-flavored drinks, energy or sports drinks, sweetened teas)
- Candy
- Unhealthy snacks (chips, cookies, and other foods high in fat, sodium, sugar and calories)

Please do not donate rusty or unlabeled cans, opened containers and expired products, or items in glass containers. Thank you!