



BEST FOODS TO DONATE!

GIVE TO THE BEST OF YOUR ABILITY

FRUITS & VEGETABLES

- *No sodium* canned vegetables, including tomatoes
- *Reduced sodium* (and low sugar if available), shelf-stable tomato/vegetable pasta sauce
- Canned fruit in 100% juice and shelf-stable fruit cups—no artificial sweeteners
- *Unsweetened* applesauce cups
- Dried fruits, vegetables with no added sugar or salt

100% WHOLE GRAINS

- Unflavored oatmeal, cream of wheat, or rolled oats
- Whole-grain cereal with fiber (3+ grams) & low in sugar (3g or less)
- Whole-grain or 100% wheat or brown rice crackers
- Whole wheat, high fiber, or multigrain pasta
- Brown or wild rice, whole wheat couscous, & barley
- Whole-grain rice cakes, granola or cereal bars low in fat

PROTEIN

- Canned chicken, tuna, or salmon *in water*
- Canned, *reduced sodium* and *reduced fat*, bean, chicken, or vegetable soup
- Dried beans, peas, or lentils
- *No sodium* or *low sodium* beans (such as black, kidney, cannellini), black-eyed or chick peas
- Peanut butter
- Quinoa
- *Unsalted* or *low salt* nuts and seeds (such as almonds, walnuts, cashews, peanuts, sunflower)

OTHER

- *No sodium* or *low sodium* chicken or vegetable broth
- Virgin and extra virgin olive, canola, or sesame oil
- Shelf-stable and *low fat*, vitamin D-fortified regular, soy, almond, or rice milk
- Boxed, *unflavored*, low fat regular, dehydrated milk, or canned evaporated milk

* *ITALICS* indicate terms you will find on nonperishables
 * *SHELF STABLE* means items that do not require refrigeration

 **1 IN 4 AMERICANS** relies on soup kitchens and food pantries to survive.



NEEDS HEALTHY FOOD

Think before you donate. Choose healthy!



DONATIONS TO AVOID

- × Food in glass jars.
- × Expired cans and boxed food items.
- × Damaged, already opened food items.
- × Rusty or unmarked cans of food.
- × Homemade food items.
- × Soda and sweetened drinks
- × Sweets: cookies, cakes, candy.
- × Ramen noodles
- × Any food you would NOT eat or feed your family.



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Share your healthy donations on social media with
 #THINKBEFOREYODONATE