



Healthy Holiday Food Donations

Shelf stable food donation suggestions

Fruits & Vegetables

- Canned vegetables, low-sodium
- Canned fruit in water
- Canned pumpkin
- Cranberry sauce

Grains

- Stuffing mix, low sodium
- Whole wheat bread mix
- Corn bread mix
- Whole wheat crackers

Protein

- Canned salmon or tuna, low sodium
- Nuts and seeds, no salt added
- Canned or dry beans, low sodium

Dairy

- Shelf stable milk
- Dry milk powder
- Cream of mushroom soup

Other Items

- Salad dressing, low fat
- Canola or olive oil
- Flour and sugar
- Gravy mix, low sodium
- Broth, low sodium

Thank you for your donation!



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