

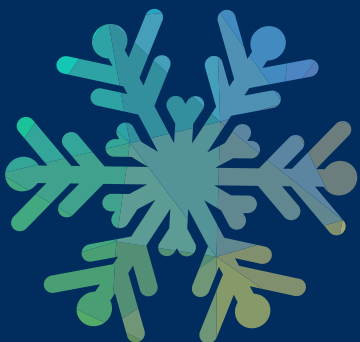
Healthy Holiday Food Donations

Healthy, shelf-stable food donation suggestions for holiday food drives

A note on food safety

Let's keep everyone healthy this holiday season! Please do not donate:

- Rusted or dented cans
- Opened packages
- Expired food
- Unlabeled cans
- Homemade or home canned foods



Fruits & Vegetables

- Canned mixed vegetables, low sodium
- Canned green beans, corn, and carrots, low sodium
- Canned fruit in 100% juice
- Canned pumpkin
- Applesauce, unsweetened
- Canned yams
- Cranberry sauce or canned cranberries
- Dried fruit
- Olives
- Instant potatoes, low sodium

Grains

- Brown or wild rice
- Stuffing mix, low sodium
- Oatmeal, unflavored
- Whole wheat bread mix
- Corn bread mix
- Bread crumbs
- Whole wheat crackers

Protein

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

Dairy

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



Other Items

- Salad dressing, low fat
- Canola or olive oil
- Whole-wheat and all-purpose flour
- Sugar
- Gravy mix, low sodium
- Dip mix, low sodium
- Spices
- Chicken, beef, or vegetable broth, low sodium
- Salsa
- Mayonnaise, low fat

Thank you for your donation!



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