

HEALTHY FOOD DONATIONS

Our food pantry is committed to the health of our community. Below are some of our wish-list items for healthy food donations.

Thank you!

Fruits & Vegetables

- Fresh fruits and vegetables
- 100% fruit or vegetable juice
- Canned, dried, or frozen fruits and vegetables that limit sodium, sugar, and trans fats

Grains

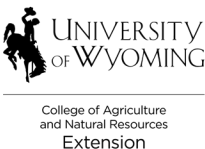
- 100% whole grains (rolled oats, barley, wild rice)
- Breads and pasta that have 'whole grain' listed as the first ingredient
- Cereal that has 'whole grain' listed as the first ingredient
- Bread, pasta, and cereal that limit sodium, sugar, saturated fat, and trans fats

Protein

- Eggs
- Nuts, seeds, beans, and lentils with nothing added
- Beans, meat, poultry, and seafood that limit sodium, sugar, and trans fats
- Nut/seed spreads that limit sodium, sugar, and trans fats

Dairy

- Low-fat (1%) or skim(non-fat) milk or yogurt, flavored or plain
- Unsweetened shelf-stable milk substitutes (e.g. soy milk, dry powdered milk, etc.)
- Cheese that limits sodium, sugar, and trans fats
- Flavored milk, milk substitutes, and yogurt that limit sodium, sugar, saturated fats, and trans fats



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