Suggested Healthy Food Donations

**Fruits**
- Canned Fruit in light syrup or in own juices
- No sugar added applesauce
- Dried Fruits, raisins
- 100% fruit juice
- Low sugar fruit spreads

**Dairy**
- Powered milk
- Shelf stable milk or soy milk (in a box)
- Fat free / Sugar free pudding
- “Velveeta” like cheese

**Grains**
- Brown or wild rice
- Whole grain pastas or noodles
- Whole grain / bran cereals
- Low fat all purpose mixes
- Plain or low sugar oatmeal
- Reduced fat whole grain crackers
- Granola bars
- Low fat graham crackers / animal cookies
- Low fat cookies / muffins
- Trans fat free tortillas

**Vegetables**
- Low sodium or no-salt added canned vegetables
- Low sodium canned tomato products or juices
- Canned white or sweet potatoes
- Boxed powered or flaked potatoes (no additives)
- Salsa (canned)
- Shelf stable canned pasta sauces, low sodium

**Spices**
- Olive Oil
- Canola Oil
- Basil
- Cinnamon
- Chili Powder
- Cloves
- Dill weed/seed
- Garlic
- Ginger
- Nutmeg
- Onion
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme
- Pepper

**Meat/Poultry/Fish/Beans/Nuts**
- Canned tuna (in water)
- Canned chicken
- Packaged, shelf stable, chicken or turkey
- Packaged, shelf stable, fish or seafood
- Canned or dried beans
- Low sodium broth or bean soups
- Low fat, low sodium cream soups
- Unsalted nuts
- Peanut butter

*No Glass, please.*