

# HEALTHY FOOD DONATIONS

Please help your local food shelf improve the quality of the food it distributes by donating the following healthy items.

## VEGETABLES

- Canned veggies, low salt or no salt added
- Low sodium pasta sauce
- Low sodium tomato paste
- Low sodium diced tomatoes
- Low sodium veggie juices
- Canned white or sweet potatoes
- Salsa

## FRUITS

- Canned fruit in light syrup or own juices
- Applesauce, no sugar added
- Dried fruits, raisins and cranberries
- 100% fruit juices
- Low sugar fruit spreads

## GRAINS (FIRST INGREDIENT SHOULD BE "WHOLE" GRAIN, CORN, WHEAT)

- Brown rice or wild rice
- Whole grain pasta
- Whole grain cereals
- Whole grain muffin and pancake mixes
- Old fashioned oats or low sugar oatmeal packets
- Whole grain crackers
- Granola bars
- Whole grain animal crackers or graham crackers
- Low fat, whole grain muffins and cookies
- Trans fat free tortillas

## POULTRY/FISH/BEANS/NUTS

- Canned chunk light tuna or chicken packed in water
- Other shelf stable meats, low sodium
- Canned or dried beans
- Low sodium broth or bean soups
- Unsalted nuts
- Peanut butter

## DAIRY

- Powdered milk
- Shelf stable milk or milk alternatives such as rice and soy milk
- Fat free pudding
- Shelf stable cheeses

## SPICES/COOKING OILS

- Olive oil
- Canola oil
- Vegetable oil
- Basil
- Oregano
- Thyme
- Onion
- Garlic
- Pepper
- Cinnamon
- Chili powder
- Rosemary
- Sage
- Parsley



Innovative. Nutritious. Local.

*Emergency Foodshelf Network*, located in New Hope, is an innovative food bank dedicated to serving the hunger needs in our changing communities.