

# WHAT TO DONATE

**DONATIONS OF NUTRITIOUS, NON-PERISHABLE FOOD ITEMS ARE AN IMPORTANT ADDITION TO THE FRESH PRODUCE THAT IS DONATED BY FARMERS, COMMUNITY GARDENS, & GROCERY RETAILERS .**

## **FRUITS & VEGETABLES**

**LOW SODIUM CANNED  
VEGETABLES  
DICED TOMATOES  
TOMATO SAUCE  
CANNED FRUIT IN JUICE, WATER  
OR LIGHT SYRUP  
UNSWEETENED APPLE SAUCE  
SHELF-STABLE FRUIT CUPS IN  
JUICE  
RAISINS**

## **GRAINS**

**WHOLE WHEAT PASTA  
WHOLE GRAIN CRACKERS  
CEREALS: OATMEAL, GRITS,  
RAISIN BRAN AND OTHER  
WHOLE GRAIN CEREALS  
BROWN RICE  
HIGH FIBER, LOW SUGAR  
GRANOLA BARS**

## **PROTEINS**

**CANNED CHICKEN  
LOW SODIUM BEAN SOUPS  
PEANUT BUTTER  
DRIED OR LOW SODIUM CANNED  
BEANS  
CANNED TUNA IN WATER  
CANNED SALMON**

## **DAIRY**

**DRY MILK (LOW FAT)  
EVAPORATED MILK (2%)  
SHELF-STABLE MILK (1%)**

