



Fruits and Vegetables:

- Low or no sodium canned vegetables
- Sugar free canned fruit*
- Sugar free or natural applesauce*
- No sugar added fruit cups*
- Low or no sodium canned or dried beans and peas

Proteins:

- Low sodium canned chicken, tuna and other seafood in water
- Low sodium beef stew, chili or bean soup
- Low sodium or natural peanut butter, e.g., Simply Jif and Skippy Natural Creamy
- Unsalted nuts and seeds

Grains:

- Plain, low sugar or rolled oatmeal, grits and Cream of Wheat
- Whole grain, high fiber cereal,* e.g., Cheerios, All Bran and Kashi
- Low fat granola bars
- Whole grain pasta
- Low sodium pretzels
- Brown or wild rice
- Quinoa and couscous
- Whole wheat fig bars
- Whole grain rice cakes
- Reduced fat whole wheat and multigrain crackers

Other:

- Bottled plain/still water
- Low sodium, shelf-stable pasta sauces
- Low sodium chicken and beef broth
- 100% fruit or low sodium vegetable juice
- Virgin and extra virgin olive, canola or sesame oil

Dairy:

- Low fat powdered milk
- Low fat, calcium fortified and shelf stable regular, soy, almond or rice milk
- Fat free pudding cups

Donations Not of Use

- Damaged, already opened or used food items
- Food in glass jars
- Rusty or unmarked cans of food
- Homemade food items
- Expired cans and boxed food items
- Soda and sweetened drinks
- Sweets: cookie, cakes and candy
- Ramen noodles
- Any food you would not eat

*No Artificial sweeteners

***Give food you would serve to your family.
Give to the best of your ability.***