



Healthy Food Drive Suggestions

Vegetables (a variety of colors)

- Canned veggies, low 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 its own juices
- Applesauce, no sugar added
- Dried fruit varieties
- 100% fruit juices (no added sugar)
- Low sugar fruit spreads

Poultry/Fish/Beans/Nuts

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

Dairy

- Powdered & shelf stable milk
- Milk alternatives (rice, soy, almond, etc.)
- Fat free pudding
- Cheeses

Grains (First ingredient should be "Whole" grain, corn or wheat)

- Brown or wild rice
- Whole grain pasta & cereals
- Whole grain muffin and pancake mixes Trans fat free tortillas
- Old fashioned oats or low sugar oatmeal
- Low fat whole grain crackers and other snacks
- Granola bars

Spices/Cooking Oils

- Salt, pepper, onion powder, & garlic powder
- Chili powders & taco seasoning
- Cinnamon, nutmeg and other baking spices
- Low sodium bouillon cubes