

The Best Foods to Donate To Your Food Drive

When you are making a food donation, please keep in mind that **balanced food choices** can prevent chronic disease and illness.

Nutrient rich foods can help build a healthier community. **Do not be discouraged by any donations are valued.**

Milk Group

Choose shelf-stable, low-fat dairy products with vitamin D added.

- x Dry/ powdered milk
- x Evaporated milk
- x Boxed shelf-stable milk
- x Pudding cups
- x Canned parmesan cheese

Grain Group

Choose shelf-stable whole grains as often as you can for the most nutritional value.

- x Oatmeal/ oats
- x Whole grain crackers
- x All kinds of pasta
- x Low sugar/high fiber cereals (Cheerios, Grape-Nuts)
- x Cream of Wheat
- x Whole grain/ brown rice
- x Popcorn
- x Taco shells

Fruit and Vegetable Groups

Choose canned or dry fruits and vegetables in an array of colors to ensure a range of vitamins and minerals.

- x Canned vegetables
- x Vegetable juices and soups
- x Diced tomatoes
- x Tomato juice and sauce
- x Spaghetti sauce
- x Salsa
- x Boxed potatoes
- x Canned fruit (in its own juice)
- x Fruit juice (100%)
- x Dried fruit
- x Shelf-stable fruit cups

Protein Group

Choose canned lean meats as a good source of low fat protein and canned or dry beans as a good source of fiber.

- x Canned tuna fish, salmon, crab
- x Canned chicken
- x Canned bean soups
- x Canned baked beans
- x Dried and canned beans or peas
- x Canned beef stew or chili
- x Peanut butter or other nut butters
- x Nuts and seeds
- x Dried beans

