

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.

Below is a list of nutrient rich foods to help guide you in your donation.

Any donations are valued.

Milk Group

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

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

Grain Group

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

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

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

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



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