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

Funded by the Preventative Health and Human Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion and Risk Reduction, Creating Healthy Communities Program. This publication was supported by Grant Number 2801D000942-09 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.