



Formerly Emergency  
Foodshelf Network

# HEALTHY DONATION SUGGESTIONS



The Food Group prides itself in providing healthy and nutritious grocery items to those in need. By purchasing items from our healthy donation suggestions lists you are helping to ensure that we are able to continue providing quality foods that are in high demand.

## 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, etc.)
- Fat free pudding
- Shelf stable cheeses (e.g. Babybel cheese)

## 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

- Olive, canola & vegetable oils
- Salt, pepper, onion powder, & garlic powder
- Dried basil, oregano, thyme, & rosemary
- Chili powders & taco seasonings
- Cinnamon, nutmeg and other baking spices
- Low sodium bouillon cubes