

Healthy Food Drive Donation Examples



Grains

- Whole grain bread or pasta
- Whole grain, low sugar, high fiber cereal
- Hearty whole grains: amaranth, barley, bulgur, buckwheat, cornmeal, millet, oatmeal, quinoa, steel cut oats, rye, teff, wheatberries, brown or wild rice
- Popcorn kernels (not microwave popcorn)



Fruits & Vegetables

- All canned vegetables (low sodium, no added sugar)
- All canned fruits (light syrup, canned in its own juice)
- Unsweetened applesauce
- 100% fruit or vegetable juice (no added sugars or sweeteners, low sodium, no added salt)
- 100% dried fruit (no sugar added preferred)



Lean Proteins

- Canned tuna, chicken, or salmon (canned in water preferred)
- Canned/dry beans or lentils (no added sodium or reduced sodium)
- Nuts or seeds (unsalted, no added sugar)
- Nut or seed butters (no added sugar, no partially hydrogenated oils)



Dairy

- Low-fat (1% or less) powdered or shelf-stable boxed milk
- Milk alternatives: Shelf-stable soy or almond milk (unsweetened, fortified with calcium and vitamin D)



Other

- Reduced sodium or unsalted broth, stock or bouillon
- Beverages: Coffee, unsweetened tea
- Oils: Olive, canola, sesame, cooking sprays
- Soup: Low-sodium or reduced sodium canned, dried, or frozen soup mixes
- Condiments: Dried herbs and spices, unsalted seasoning mixes, (balsamic) vinegars, Mrs. Dash® seasoning blends and marinades



Personal care items

include but are not limited to:

- Deodorant
- Facial cleanser
- Men's and women's disposable razors and shaving gel or cream
- Sanitary pads or tampons
- Shampoo or conditioner
- Soap (bar or liquid)
- Toothbrushes, toothpaste, mouthwash, dental floss
- Lotion
- Sunscreen



Please do not donate:

- Foods that you would not eat yourself
- Home-canned or homemade goods
- Opened, damaged or expired items
- Perishable items like breads, produce, fresh meat and butter
- Perishable potato or chicken salad