



# HEALTHY FOOD DONATION IDEAS

Consider these healthy options when donating to the ACI food pantry



## VEGETABLES

- Canned veggies (low or no salt added)
- Low sodium tomato sauce
- Low sodium tomato paste
- Low sodium veggie juices
- Canned white or sweet potatoes
- Salsa



## FRUIT

- Canned fruit (in its own juices)
- Applesauce (no sugar added)
- Dried fruits, raisins and cranberries
- 100% fruit juices
- Low sugar fruit spreads



## DAIRY

- Powdered milk
- Shelf-stable milk
- Milk alternatives (ex: rice and almond milk) (shelf-stable)
- Fat free pudding (shelf-stable)



## GRAINS

- Brown rice or wild rice
- Whole grain pasta
- Whole grain cereals (not sugar coated)
- Oatmeal
- Whole grain crackers
- Granola bars
- Fat free tortillas



## PROTEIN

- Canned light tuna or chicken (in water)
- Low sodium meats (shelf-stable)
- Canned or dried beans
- Bean soups
- Unsalted nuts
- Natural peanut butter