

Healthy Food Donation List



Fruits

- Canned fruit** in 100% fruit juice or water
- Applesauce**, unsweetened
- Dried fruit**, such as raisins & prunes
- 100% fruit juice**



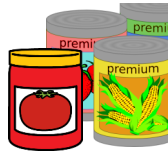
Use the nutrition facts label to determine how much:

- Saturated Fat
- Sodium
- Dietary Fiber
- Sugar

Nutrition Facts / Datos De Nutrición	
Serving Size/Tamaño por Ración 0.5 cup/ 0.5 taza	
Amount Per Serving/ Cantidad por Ración	
Calories/ Calorías 120	Calories from Fat/ Calorías de Grasa 0
% Daily Value* / % Valor Diario*	
Total fat/ Grasa Total 0g	0%
Saturated Fat/ Grasa Saturada 0g	0%
Trans Fat/ Grasa Trans 0g	0%
Cholesterol/ Colesterol 0mg	0%
Sodium/ Sodio 5mg	0%
Total Carbohydrate/ Carbohidrato Total 22g	0%
Dietary Fiber/ Fibra Dietética 6g	7%
Sugar/ Azúcar 1g	23%
Protein/ Proteínas 8g	
Vitamin A/ Vitamina A 0%	Vitamin C/ Vitamina C 0%
Calcium/ Calcio 6%	Iron/ Hierro 10%

Vegetables

- Canned vegetables**, no salt added (Sodium 140mg or less)
- Canned tomatoes**, no salt added (Sodium 140mg or less)
- Tomato sauce**, no salt added (Sodium 480mg or less, Sugar 8g or less)
- Spaghetti sauce**, low sodium (Sodium 480mg or less, Sugar 8g or less)
- Salsa** (Sodium 140mg or less)



Whole Grains

- Whole grain or whole wheat pasta**
- Brown rice, wild rice or quinoa**
- Oatmeal or whole grain cream of wheat**, unflavored
- Whole grain crackers** (Fiber 3g or more)
- Whole wheat or corn tortillas**, non-refrigerated (Fiber 3g or more)
- Whole grain cereal** (Sugar 6g or less, Fiber 3g or more)
- Popcorn**, kernels or microwave 94% fat free



Dairy

- 1% Low fat or fat free milk**, shelf-stable (such as Parmalat), dry, evaporated
- Soy milk**, non-refrigerated, unsweetened



Combination Foods

- Soups, stews or chili** (Sodium 480mg or less)
- Broth or stock**, unsalted, or low sodium (Sodium 140mg or less)
- Mac & cheese**, whole grain



Beverages

- Tea bags**
- Coffee**
- Water, seltzer**, unsweetened



Proteins

- Peanut butter**
- Canned beans, peas, lentils**, no salt added or low sodium (Sodium 140mg or less)
- Dried beans, peas, lentils**
- Canned tuna, salmon, chicken or sardines** in water, low sodium
- Nuts or seeds**, unsalted



Condiments & Oils

- Lite salad dressings**
- Vinegar**
- Vegetable, olive, or canola oil**
- Dried herbs and spices**
- 100% fruit spread**



Helpful Hints:

- Choose pop-top lids
- Check food expiration dates



Frutas

- Fruta enlatada** en jugo de fruta 100% o agua
- Puré de manzana**, sin azúcar
- Frutas secas**, como pasas y ciruelas
- Jugo de frutas 100%**



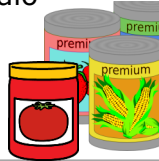
Use la etiqueta de información nutricional para determinar cuanto (a):

- Grasa Saturada
- Sodio
- Fibra Dietética
- Azúcar

Nutrition Facts / Datos De Nutrición	
Serving Size/Tamaño por Ración	0.5 cup/0.5 taza
Serving Per Container/Raciones por Envase	3.5
Amount Per Serving/ Cantidad por Ración	
Calories/ Calorías	120
Calories from Fat/ Calorías de Grasa 0	
% Daily Value*/ % Valor Diario*	
Total fat/ Grasa Total	0g
Saturated Fat/ Grasa Saturada	0g
Trans Fat/ Grasa Trans	0g
Cholesterol/ Colesterol	0mg
Sodium/ Sodio	5mg
Total Carbohydrate/ Carbohidrato Total	22g
Dietary Fiber/ Fibra Dietética	6g
Sugar/ Azúcar	1g
Protein/ Proteínas	8g
Vitamin A/ Vitamina A	0%
Calcium/ Calcio	6%
Vitamin C/ Vitamina C	0%
Iron/ Hierro	10%

Vegetales

- Vegetales enlatados**, sin sal añadida (140mg de sodio o menos)
- Tomates enlatados**, sin sal añadida (140mg de sodio o menos)
- Salsa de tomate**, sin sal añadida (480mg de sodio o menos, 8g de azúcar o menos)
- Salsa de espagueti** (480mg de sodio o menos, 8g de azúcar o menos)
- Salsa** (140mg de sodio o menos)



Granos Enteros

- Pastas de grano entero o de trigo entero**
- Arroz integral, arroz silvestre o quínoa**
- Avena o crema de trigo de grano entero**, sin sabor
- Galletas de grano entero** (3g de fibra o más)
- Tortillas de trigo entero o de maíz**, sin refrigerar (3g de fibra o más)
- Cereales de grano entero** (6g de azúcar o menos, 3g de fibra o más)
- Palomitas de maíz**, kernels o de microondas 94% sin grasa



Productos Lácteos

- Leche 1% baja en grasa** o sin grasa, estable en los anaqueles (como Parmalat), leche en polvo, evaporada
- Leche de soja**, sin refrigerar, sin azúcar



Proteínas

- Mantequilla de maní**
- Habichuelas enlatadas, guisantes, lentejas**, sin sal o bajo en sodio (140mg de sodio o menos)
- Habichuelas secas, guisantes, lentejas**
- Atún, salmón, sardinas o pollo** enlatado, en agua, bajo en sodio
- Semillas o nueces**, sin sal



Combinación de Alimentos

- Sopas, estofados o chili** (480mg de sodio o menos)
- Caldo o consomé**, sin sal o bajo en sodio (140mg de sodio o menos)
- Macaroni con queso**, grano entero



Condimentos y Aceites

- Aderezos bajos en grasa para ensaladas**
- Vinagre**
- Aceite vegetal, de oliva o de canola**
- Especias y hierbas secas**
- Jalea de frutas 100%**



Bebidas

- Té**
- Café**
- Agua, agua carbonatada**



Consejos útiles:

- Elija tapas pop-top
- Asegúrese de leer las fechas de expiración de los alimentos

HEALTHY FOOD DONATIONS

The local food pantries in your area would like to provide a variety of food for their clients. This would include items for special diets. Please take a moment to consider supporting the pantry, and our neighbors who utilize them, by making your donation a healthy food donation.

Food banks and pantries were started to fill a one-time “emergency” need for people experiencing economic hardship. This has changed over the years. Now, many families rely on food pantries to meet monthly food shortfalls. Since more people are using food pantries on a regular basis, it is important for pantries to have healthy options for their clients.

Why is this important? If a person has limited, or uncertain access to nutritional and safe foods, they are at higher risk of becoming obese. Obesity can also lead to other health issues such as heart disease, diabetes, and high blood pressure. These health issues can limit quality of life for our neighbors in need. We want to provide food pantry clients with nutritious foods that they and their children need to be healthy. This means less fat, salt, sugar and empty calories.

Please join us in providing healthy and delicious food options for local food pantry clients!

Please consider using the attached list when choosing foods to donate. The ***Healthy Food Donation List*** gives examples of basic items which clients can use to meet their daily nutrition needs. For example, clients need spices to flavor their meals without added salt. Canned beans and vegetables with “no salt added” also help families to lower salt intake. Fruits canned “in their own juices” help lower sugar intake. Easy open containers and “pop-tops” help when people don’t have can openers.

Your donation will be used to help our local food pantry clients meet their most basic nutrition needs. Make your donation a healthy food donation!

Thank you for your support!

**Please check expiration dates before donating – food pantries cannot take expired food products. Money donations are also helpful for food pantries. Donated dollars are used to buy perishable foods such as dairy products, and fresh fruits and vegetables.*