

The Best Foods to Donate To Your Food Drive

When you're buying food to donate it is vital to keep in mind that well-balanced food choices can prevent chronic disease and illness. Donated nutrient rich foods can help build a healthier community. Any donations are valued. Below is a list of nutrient rich foods to help guide you in your donation.



Fruit and Vegetables

Choose canned or dry fruits and vegetables in an array of colors to ensure eating of a range of vitamins and minerals.

- Canned vegetables
- Vegetable juice
- Diced tomatoes
- Tomato juice
- Tomato sauce
- Spaghetti sauce
- Canned fruit (in its own juice)
- Fruit juice (100%)
- Dried fruit
- Shelf-stable fruit cups

Grain Group

Choose shelf-stable whole grains as often as you can for the most nutritional value.

- Oatmeal
- Whole grain crackers
- All kinds of pasta
- Low sugar/high fiber cereals (Cheerios, Raisin Bran)
- Cream of wheat
- Whole grain/Brown rice

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
- Canned salmon
- Canned chicken
- Canned bean soup
- Canned baked beans
- Dried and canned beans or peas
- Canned chili
- Canned beef Stew
- Peanut butter
- Nuts

Milk Group

Choose shelf-stable low-fat dairy products with vitamin D added.

- Dry milk
- Evaporated milk
- Boxed Shelf-stable milk
- Pudding cups
- Canned parmesan cheese



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