

# Food Pantry Healthy Donations List

In order to promote healthy lifestyles, please consider including the following when donating this year:

## Fruits and Vegetable

- Canned fruit (in juice, not syrup)
- Canned vegetables (no salt added or reduced sodium)
- Canned soups (reduced sodium)
- Tomato Sauce (reduced sodium)
- 100% fruit and vegetable juice
- No-added sugar fruit preserves
- Dried fruits and vegetables with no added sugar or fat
- Fresh fruits & vegetables

## Grains (preferably 100% whole grains)

- Whole-grain cereal and rolled oats with at least 3 g of fiber and <10g sugar/serving
- Low- or –no-sugar instant oatmeal
- Brown rice
- Whole wheat crackers
- Whole wheat pasta
- Whole grain tortillas
- Pancake mix – (complete, just add water)
- Low-sodium or low-fat crackers
- Wild rice

## Protein-rich choices

- Canned Light Tuna (packed in water)
- Canned chicken
- Canned salmon
- Soup and chili with meat/beans (esp. turkey)
- Low sodium canned beans
- Fat-free or vegetarian refried beans
- Dried beans, peas, and lentils
- Low-sodium nuts and nut butters (not hydrogenated)
- Chicken broth (no salt added or reduced sodium)

## Dairy and Dairy Substitutes

- Shelf stable milk or non-dairy alternatives
- Shelf-stable soy milk
- Milk
- Baby Formula

## Healthy Fats

- Low-fat/low sodium salad dressings
- Reduced fat or 'lite' mayo
- Canola or olive oil

## Non-food items are also always needed:

Bottles of Water  
Toothbrushes  
Toothpaste  
Shampoo  
Toilet Paper  
Paper towels  
Feminine hygiene  
Can openers  
Deodorant  
Tissues  
Liquid laundry detergent  
Diapers



**Contact:**  
healthymadco@gmail.com

 @healthymadco

# Backpack Program Donation List

Many children leave school on Friday afternoon unsure of whether they'll have a complete meal until Monday morning. The Backpack Program helps children by providing them with nonperishable, easy to prepare, nutritious food for the weekends. This helps reduce the stress of where and when their next meal will come from as well as provides the nutrients they need to grow and thrive.



Please consider donating healthy items such as:

## Staple Food Items:

- Pop-top cans or bowls of:
  - Meat (especially chicken)
  - Pasta with meat
  - Soups
  - Chili
  - Fruit in natural juices
  - Vegetables
- Pouches of fish (especially tuna)
- Pouches of fruit (i.e. applesauce)
- Boxes of individual oatmeal packets (low sugar)
- Whole fruit (i.e. apples, oranges)
- Whole grain tortillas

## Healthy Snack Options:

- Individual serving packets of:
  - Whole grain fish-shaped crackers
  - Teddy Bear Grahams
  - 2% Snack Puddings
  - Instant Breakfast Essentials
  - Soft Baked Bars or Bars with  $\leq 120$  calories per serving
  - Breakfast Biscuits

## Some non-food items are also welcomed:

- Bottles of Water
- Toothbrushes
- Toothpaste
- Shampoo
- Conditioner
- Can openers

**Contact:**

[healthymadco@gmail.com](mailto:healthymadco@gmail.com)



@healthymadco

