



Donate Healthy Food

When you donate to a food shelf, think about the quality of the food you are donating. Many people who receive food from emergency food programs rely on this food for regular meals, so nutrition is important. Many clients are at risk for health problems, especially the elderly. Good nutrition can help them cope with the physical and mental stress they face in their lives.

Avoid the temptation to donate that old can of food that nobody in your house will ever eat. Chances are, if no one in your house wants it, no one at the food shelf would like it either. Never donate dented or bent cans of food, food in damaged packages, or out-of-date food. The food shelf will just have to dispose of these items.

Here are some ideas for donating high quality, nutritious food:

Grains:

- ◆ Cereals
- ◆ Couscous
- ◆ Pasta of All Kinds
- ◆ Rice Pilaf Mix
- ◆ Whole Wheat Crackers
- ◆ Rice (Brown or White)
- ◆ Flour (Whole Wheat and White)

Fruits and Vegetables:

- ◆ Canned Tomato Juice and Sauce
- ◆ Spaghetti Sauce
- ◆ Canned Vegetables
- ◆ Canned Tomatoes (Whole, Puree, Paste)
- ◆ Applesauce
- ◆ Dried Fruit (Raisins, Prunes, Apricots)
- ◆ 100% Fruit Juice (Cans, Bottles, Juice Boxes)
- ◆ Canned Fruit in juice rather than syrup

Dairy:

- ◆ Canned Milk
 - ◆ Dry Milk
- No Refrigeration Required
- ◆ Cartons of Aseptic Packaged Milk
 - ◆ Grated Cheese
 - ◆ Soy Milk

Meat and Protein:

- ◆ Bean, Lentil, Minestrone or Split Pea Soup
- ◆ Canned Beans (Kidney, Garbanzo, Pinto, etc.)
- ◆ Canned Tuna, Chicken, Ham or Salmon
- ◆ Dry Beans (Kidney, Garbanzo, Pinto, etc.)
- ◆ Dry Roasted Nuts
- ◆ Canned Baked Beans
- ◆ Peanut Butter
- ◆ Hearty Beef or Chicken Soup

Other:

- ◆ Baby Food (Carefully check expiration)
- ◆ Condiments: Ketchup, mustard, mayo, salsa
- ◆ Dried Herbs: Oregano, Basil, Garlic Powder, Chili Powder
- ◆ Coffee, Tea
- ◆ Salad Dressing
- ◆ Vegetable Oil