

Below is a list of healthy food donation choices for our pantries. While we happily accept donations of all kinds and sizes, it is particularly helpful for us to have cases of food to load on to our mobile trailers to maintain the utmost choice and consistency for our patrons.

Healthy Foods Donation List

Fruits and Vegetables

- Canned fruits (canned in its own juice or with “no sugar added”)
- Canned vegetables (“low sodium” or “no salt added”)
- Diced tomatoes
- Dried fruit
- Fruit or vegetable juice (100%)
- Shelf-stable fruit cups
- Spaghetti sauce
- Tomato sauce
- Fresh fruits or vegetables
- Frozen fruits or vegetables

Grains

- Brown rice or barley
- Low-sugar, high-fiber cereal
- Oatmeal
- Quinoa
- Whole grain breads
- Whole grain crackers
- Whole grain pasta
- Whole wheat flour
- Whole grain tortillas
- Dried lentils

Fats and Oils

- Canola oil, Olive oil, Vegetable oil, Non-stick cooking spray

Protein

- Canned beans (look for “no salt added” or “low sodium”)
- Canned chilis and stews
- Dried beans and peas
- Canned chicken, tuna, or salmon (canned in water instead of oil)
- Nuts
- Peanut butter
- Eggs

Dairy

- Boxed shelf-stable milk (1% or skim)
- Dry milk
- Evaporated milk
- Milk alternatives (calcium-fortified soy, rice, or almond milks; shelf-stable)
- Low-fat cheese
- Low-fat yogurt

Spices and Condiments (dry, ground)

- Basil, Bay leaves, Black pepper, Cayenne pepper, Chili powder, Cinnamon, Cumin, Curry powder, Dill, Garlic powder, Mustard, Onion powder, Oregano, Parsley, Red pepper flakes, Rosemary, Salsa jar, Thyme, Vanilla extract

Thoughtfully Beyond Food

Many families struggle to purchase basic personal need items as they are not covered by SNAP benefits, WIC, and other food-oriented social services. Here is a list of basic household and personal care necessities that we would happily accept for donation.

- Shampoo & Conditioner
- Soap/Body Wash
- Toothpaste & Toothbrushes
- Feminine Care Products
- Dishwashing Detergent
- Laundry Soap
- Deodorant
- Toilet Paper
- Household Cleaning Supplies (All-Purpose Cleaners)

Thank you!