Accepted Foods for the Healthy Food Drive:

Fruits and Vegetables
- Low or no sodium canned vegetables
- No sugar added or unsweetened canned fruit and fruit cups*
- Unsweetened, all natural applesauce*

Grains
- Plain, low sugar oatmeal or rolled oats and cream of wheat
- Whole grain, high fiber cereal,*
- Low sugar and fat granola
- Whole grain pasta
- Brown or wild rice
- Quinoa

Dairy
- Low fat shelf stable powdered milk
- Low fat, calcium fortified and shelf stable regular, soy, almond or rice milk
- Low or no fat pudding cups

Snacks
- Low sugar and granola bars
- Plain, no salt added popcorn
- Whole wheat fig bars
- Whole grain rice cakes
- Reduced fat, whole wheat and multigrain crackers
- Low fat pudding cups
- Dried fruit (100% fruit, no sugar added fruit leathers, raisins and dried fruit)
- Low sugar protein bars
- 100% fruit juice boxes

Proteins, beans and legumes
- Low sodium canned chicken, tuna and other seafood in water
- Low sodium beef stew, chili or bean soup
- Low or no sodium canned or dried beans and lentils (black, pinto, white and kidney beans chickpeas, etc.)
- Shelf stable tofu
- Low sodium or all natural nut butter,
- Unsalted nuts and seeds
Other:

- Bottled plain/still water
- Baby food (fruit and vegetables and whole grain cereals)
- Low or no sodium, shelf-stable pasta sauces
- Low or no sodium chicken, beef and vegetable broth
- 100% fruit or low sodium vegetable juice
- Virgin and extra virgin olive and canola oil
- Low sugar fruit spreads

Donations Not of Use

- Damaged or already opened jars and cans
- Food in glass jars
- Rusty or unmarked cans of food
- Homemade food items
- Expired cans and boxed food items
- Soda and sweetened drinks
- Sweets: cookies, cakes and candy
- Ramen noodles
- Any food you would not eat or serve your family

*No Artificial sweeteners

Give food you would serve to your family.
Give to the best of your ability.