



## Healthy Food Donation List

The most recent *Hunger in America* study found that 78 percent of the individuals that visit one of Harvesters—The Community Food Network’s agencies purchase inexpensive and unhealthy foods just to make ends meet. These individuals also reported that they want to have a healthier diet; and 52 percent reported fresh fruit and vegetables as one of their most desired items when visiting a food pantry, 49 percent cited wanting protein food items (including meat), and 47 percent cited wanting dairy products (including milk, cheese or yogurt).

Listed below are our suggestions for healthy food donations.

### Fruits and Vegetables:

- **Low sodium or water packed canned vegetables**, including tomatoes and tomato sauce. These can be easily obtained and are great alternatives to their fresh counterparts.
- **Canned fruits in 100 percent juice or lite syrup** are great sources of Vitamin C because only a small amount of it is lost in the canning process.
- **100 percent fruit and vegetable juices** are welcome, including canned, plastic, and boxed (no glass containers).
- **Dried fruits and vegetables** with no added sugar or fat.

### Proteins:

- **Low-sodium or water packed canned meats and seafood** such as chicken, tuna, salmon, and clams are high in protein, low in saturated fat, and rich in a variety of vitamins and minerals.
- **Dried beans, peas and lentils** are high in fiber and are low-fat sources of protein.
- **Low-sodium canned beans and peas** such as kidney, black, cannellini, black eyed, and chickpeas are high in fiber and are low-fat sources of protein. Rinsing beans and removing the canning liquid can reduce their sodium content.
- **Low-sodium nuts and nut butters** such as peanuts, almonds, and cashews are rich in protein and fiber. They also contain “good fats” and vitamins that are known to positively support heart health, such as monounsaturated and polyunsaturated fats, omega-3 fatty acids, and Vitamin E.

### Dairy and Dairy Substitutes:

- **Shelf stable milk or non-dairy alternatives** such as soy and almond milk are great sources of Vitamin D and calcium. In addition, shelf-stable dehydrated milk and canned evaporated milk also are encouraged.

### 100% Whole Grains:

- **Whole-wheat pasta, barley, brown rice, and wild rice** are complex carbohydrates. They contain good sources of fiber, which are more satiating and filling.
- **Whole-grain cereal and rolled oats with at least 3 grams of fiber** such as breakfast cereals can be additional sources of vitamins and minerals. Low-sugar or unsweetened cereals and oats also are highly encouraged.

