

What Should You Donate?

According to Feeding America: “Food banks accept dry and canned food donations. What does that mean? Basically, any food that is “shelf-stable” or nonperishable – you can keep it in your pantry and it won’t go bad. And remember, only donate food that hasn’t reached its ‘sell-by’ date yet.” Specifically, food banks often need items like:

Fruits and Vegetables

- **Low-sodium or water packed canned vegetables**, including tomatoes and tomato sauce can be easily obtained and are great alternatives to their fresh counterparts.
- **Canned fruits in 100% juice or lite syrup** are great sources of Vitamin C because only a small amount of it is lost in the canning process.
- **100% fruit and vegetable juices** in all container forms are welcome, including canned, plastic, and boxed.
- **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 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 low-fat sources of protein. Rinsing beans and removing the canning liquid can reduce their sodium content.

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 3g of fiber** such as breakfast cereals can be additional sources of vitamins and minerals. Low-sugar or unsweetened cereals and oats are also highly encouraged.

Healthy Fats

- **Low-sodium nuts and nut butters** such as peanuts, almonds, and cashews are rich in protein and fiber. They also contain “good fat’s” and vitamins that are known to positively support heart health, such as monounsaturated and polyunsaturated fats, omega-3 fatty acids, and Vitamin E.