



THE COUNCIL OF CHURCHES OF GREATER BRIDGEPORT Healthy Food Drive Shopping List

When possible, buy canned goods with pop-top lids

- Low-sodium, no-salt canned vegetables
- Low sugar, low sodium pasta sauce
- Canned fruit packed in 100% juice or water
- Unsweetened applesauce
- Unsweetened dried fruit (such as raisins, not fruit leather or roll ups)
- Shelf-stable milk, such as Parmalat
- Almond or Soy milk
- Whole wheat pasta
- Brown rice
- Canned or dried beans
- Canned tuna/ canned salmon
- 100% fruit spread
- Natural peanut butter (no sugar, no hydrogenated oils – just peanuts)
- Salsa
- Low-sodium or no-salt canned soups
- Low-sugar cereals, such as Cheerios, Chex, or Shredded Wheat
- Whole wheat tortillas
- Taco shells
- Unsweetened oatmeal
- Dried herbs and spices
- Honey
- Olive oil
- Canned tomato products (low sodium diced/pureed or crushed)
- Non-creamy salad dressings/vinegars
- Frozen vegetables
- Low sodium chicken/vegetable broth or stock
- Canned unsalted nuts



Look for the **Heart-Check mark** to quickly and easily spot **heart-healthy** foods.