



Recommended Healthy Foods List for Food Donations

Do you know, in Connecticut over 734,000 residents live below the poverty level and 1 in every 8 people struggles with hunger. Often these people rely on food pantries and soup kitchens to provide them with food on a regular basis. To feed those in need, local feeding programs rely on donations which are often processed foods, high in salt and sugar, but not nutrition. Poor diet and limited food choices can ultimately lead to poor health outcomes to those already struggling in their everyday lives. Together, we can make a difference in the health of our communities by encouraging healthier food donations.

- Natural peanut butter (2g or less saturated fat)
- Soups or stews (less than 480mg sodium)
- Pasta and sauce, canned (less than 481mg sodium, less than 8g of sugar)
- Nuts & seeds, unsalted
- Whole grain crackers, tortillas, corn tortillas (3g or more fiber)
- Whole grain or whole wheat pasta
- Low-sodium or no-salt added canned vegetables
- Low-sodium or no-salt added canned tomatoes
- Low-sodium spaghetti sauce (less than 481mg sodium, less than 8g of sugar)
- Brown rice or wild rice
- Low-sodium packaged rice
- Low-sodium or no salt added canned beans, peas, lentils
- Dried beans, peas, lentils
- Salsa
- Canned tuna, salmon or chicken in water
- Whole grain, low sugar cereal (less than 6g of sugar, 3g or more fiber)
- Unsweetened cooked cereals: oatmeal, whole grain cream of wheat
- Canned fruit packed in 100% fruit juice or water
- Unsweetened apple sauce
- Unsweetened dried fruit (such as raisins, not fruit leather or roll ups)
- 100% fruit spread
- 100% fruit juice
- Shelf-stable low-fat or fat free milk (such as Parmalat)
- Non-creamy salad dressings/vinegar (lite)
- Vegetable, olive, or canola oil
- Dried herbs and spices
- Tea bags
- Coffee
- Snacks: popcorn kernels or microwave 94% fat free
- Unsalted, dry roasted nuts or seeds
- Water, seltzer

**For more information, please visit GetHealthyCT.org
Let's work together to help make the healthy choice the easy choice!**