

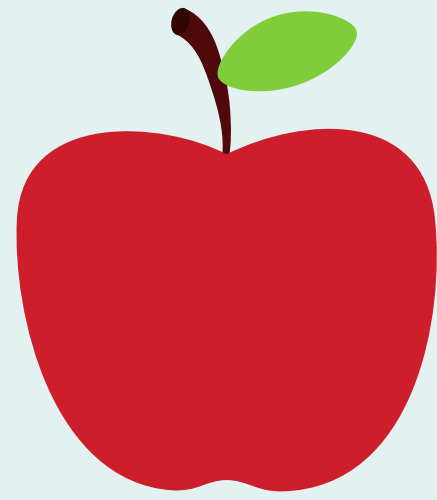


Healthy Food Donation List

Many Connecticut residents rely on food pantries as a source of food to feed their families. Food pantries want to provide a variety of nutritious and delicious foods to support the health of community members in need. This list contains ideas of healthy food options to donate the next time you are shopping for a food drive.

Fruits

- **Canned fruit** in 100% fruit juice or water
- **Applesauce**, unsweetened
- **Dried fruit**, such as raisins & prunes
- **100% fruit juice**



Combination Foods

- **Soups, stews or chili** (Sodium 480mg or less)
- **Broth or stock**, unsalted or low sodium (Sodium 140mg or less)
- **Mac & cheese**, whole grain



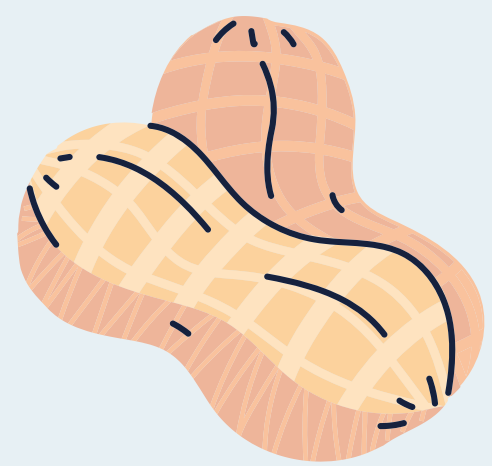
Dairy

- **1% Low fat or fat free milk**, shelf-stable (such as Parmalat), dry, evaporated
- **Soy milk**, non-refrigerated, unsweetened



Proteins

- **Peanut butter**
- **Canned beans, peas or lentils**, no salt added or low sodium (Sodium 140mg or less)
- **Dried beans, peas or lentils**
- **Canned tuna, salmon, chicken or sardines** in water, low sodium
- **Nuts or seeds**, unsalted



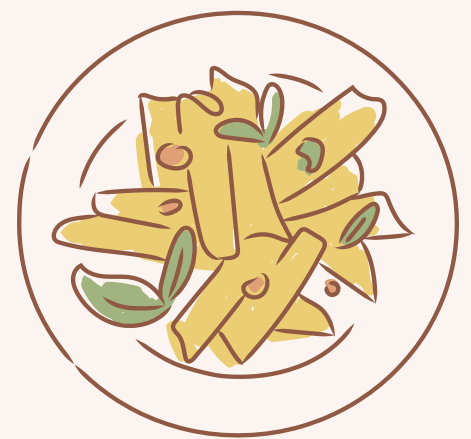
Vegetables

- **Canned vegetables**, no salt added (Sodium 140mg or less)
- **Canned tomatoes**, no salt added (Sodium 140mg or less)
- **Tomato sauce**, no salt added (Sodium 140mg or less, Sugar 8g or less)
- **Spaghetti sauce**, low sodium (Sodium 480mg or less, Sugar 8g or less)
- **Salsa** (Sodium 140mg or less)



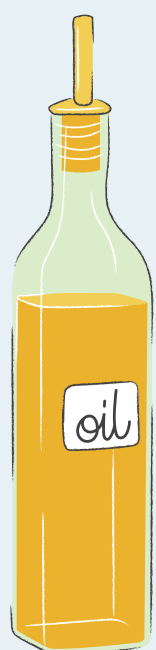
Whole Grains

- **Whole grain or whole wheat pasta**
- **Brown rice, wild rice or quinoa**
- **Oatmeal or whole grain cream of wheat**, unflavored
- **Whole grain crackers** (Fiber 3g or more)
- **Whole wheat or corn tortillas**, non-refrigerated (Fiber 3g or more)
- **Whole grain cereal** (Sugar 6g or less, Fiber 3g or more)
- **Popcorn**, kernels or microwave 94% fat free



Beverages

- **Tea bags**
- **Coffee**
- **Water, seltzer**, unsweetened



Condiments & Oils

- **Lite salad dressings**
- **Vinegar**
- **Vegetable, olive or canola oil**
- **Dried herbs and spices**
- **100% fruit spread**