



Healthy Food Donation Shopping List



Fruits:

- Fresh fruits - apples, oranges, bananas, clementines (any fruit that isn't too soft)
- Canned fruits (look for items canned in 100% fruit juice, water, or a light syrup) - pineapple, peaches, pears, mandarin oranges, grapefruit, fruit cocktail, applesauce
- Dried fruits (no or low added sugar) - cranberries, cherries, raisins, pineapple, mixed fruit
- 100% fruit juice (box, small bottle, or pouch) - cranberry, orange, apple, grape
- Fruit leather (100% fruit)

Vegetables:

- Fresh vegetables - carrots, peppers, tomatoes, lettuce, corn, green beans, beets
- Canned vegetables (low sodium items have less than 140mg of sodium per serving) - corn, peas, carrots, green beans, tomatoes
- 100% vegetable juice
- Vegetable soup (pop top cans or microwave bowl) (low sodium)- minestrone, tomato, bean with vegetable

Grains:

- Whole grain bread
- Gluten-Free grains - quinoa, amaranth, rice, polenta, buckwheat
- Tortillas - corn or wheat
- English muffins – choose whole grain when possible
- Pasta - whole grain and gluten free
- Macaroni and cheese (whole grain; low-fat)

Cereal:

- Slow cooking oats
- Grits
- Granola (low-sugar, low-fat)
- Dry cereal (low-sugar) - raisin bran, corn flakes, puffed rice, Cheerios, Chex

Rice (box, bag, or single serve pouch):

- Brown rice
- Wild rice

Milk:

- Shelf stable white milk (low-fat or non-fat is best)
- Powdered milk
- Non-dairy milk (almond, coconut, rice, soy, etc.)

Meat and Beans:

- Peanut butter or other nut butters
- Jerky's - beef, salmon, turkey
- Canned meats (packed in water) - tuna, salmon, chicken
- Canned beans (pop top can) - kidney, black, black eyed peas, great northern, vegetarian, low-fat refried beans
- Canned, Single-Serving Entrees (pop top can) (choose low-sodium and low-fat) - Beef or chicken stew, chili, beef and vegetable or barley soup, chicken noodle soup

Snack foods:

- Whole grain crackers
- Lara bars, protein bars with natural sugars like dried fruit
- Nuts - peanuts, walnuts, almonds, cashews, pumpkin seeds, sesame seeds, nut butter
- Dried fruit (without added sugar)
- Apple sauce (100% fruit)
- Popcorn

WHAT TO AVOID:

- High sugar foods and drinks - soda, fruit juice with sugar, candy, cookies, pies, muffins, donuts, toaster pastries, cereals sweetened with sugar, chips, canned foods with sausage or hot dogs.
- High fructose corn syrup - found in bread, drinks, ketchup, cocktail sauce
- Trans fat (any food that contains a "partially-hydrogenated oil") - found in crackers, cookies, margarine
- Food past the expiration date



REMINDERS:

- Reusable eco-friendly grocery bags and all toiletries, especially Toilet Paper, Diapers, and Laundry Soap are needed
- Choose pop top cans whenever available
- Look for items that are low-sodium
- Consider choosing some gluten-free items

Shopping list adapted from: Food Bank of Larimer County Weekend Backpack Program (used with permission)

Thank you to Katy Draper, N.C. (www.feelingnourished.com) for adapting for 2012 Food Day Healthy Food Drive and Michelle Hoffer, RDH for help in 2013