

BETTER CHOICE GIVING



Healthy Giving for Healthy Living



FRUIT

- *Fresh
- Canned in 100% juice
- 100% fruit juice
- Dried fruit
- *Frozen, unsweetened

LEAN PROTEIN

- Peanut butter
- Lean meat, fish or poultry
- Dried or canned beans
- *Eggs
- Nuts, plain or no salt added

VEGETABLES

- *Fresh
- Canned, low or reduced sodium
- Canned, no salt added
- 100% vegetable juice
- *Frozen, without sauces

WHOLE GRAINS

- Brown rice
- Whole grain cereal
- Whole wheat pasta
- Whole wheat bread
- Whole wheat tortillas
- Oats

DAIRY

- Unsweetened shelf stable milk
- *Plain yogurt (low fat or fat free)
- *Milk substitutes, unsweetened (almond, soy)



Don't forget to check expiration dates. Outdated foods cannot be given to families in need.

*If you are considering donating fresh or perishable food items call your local pantry first to see what they can accept.