

## Suggested Healthy Food Donations



- Boxed Milk
- Brown Rice
- Canned and Dried Beans
- Canned Fruit (in its own juice)
- Canned Tuna Fish in Water
- Cereals, such as Cheerios and Special K (12 grams or less of sugar)
- Fruit Cups
- Low-Sodium Canned Vegetables
- Low Sodium Soups
- Low-Fat Mayonnaise
- Olive Oil
- Pasta/Tomato Sauce
- Peanut Butter
- Spices: Oregano, Garlic Salt, Rosemary, Thyme
- Whole Wheat Pasta
- Fruits & Vegetables (in season or root vegetables that keep longest):
  - Apples
  - Carrots
  - Onions
  - Oranges
  - Potatoes

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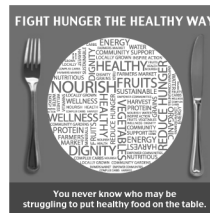
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