## Suggested Healthy Food Donations





Potatoes



## Suggested Healthy Food Donations

Food Donations	Don't forget
Boxed Milk	5
Brown Rice	
Canned and Dried Beans	S
Canned Fruit (in its own	juice)

Canned	runa Fish in	vvaler	
Cereals,	such as Che	eerios and	Special K
(12 gra	ams or less o	of sugar)	

Fruit C	Cups
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Low-Sodium Canned	Vegetables
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- ☐ 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





## Suggested Healthy Food Donations

Boxed	Milk
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- ☐ 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)

forget

- ☐ 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
- Fruits & Vegetables (in season or root vegetables that keep longest):
  - Apples
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- Potatoes





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