



# NOVEMBER IS DIABETES AWARENESS MONTH



## DIABETES-FRIENDLY DONATION LIST

### MEAT, BEANS & NUTS

- Canned chicken, tuna or salmon
- Dry or canned beans
- Nuts (unsalted)
- Peanut butter
- Powdered milk
- Soy milk

### VEGETABLES & FRUIT

- Canned fruit (in 100% juice)
- Canned vegetables (reduced sodium)
- Juice (100% vegetable or fruit)
- Pasta sauce
- Raisins
- Salsa
- Soup with vegetables (low sodium)

### WHOLE GRAINS

- Barley
- Brown rice
- Crackers (whole grain)
- Pasta (whole grain)
- Popcorn (light)
- Cereal (whole grain)

### SEASONINGS

- Black pepper
- Chili powder
- Cinnamon
- Garlic powder
- Italian seasoning
- Onion powder or flakes
- Seasoning mixes (salt-free)

Your local Lions Club encourages you to donate any of these diabetes-friendly food items to your local food pantry.

The Wisconsin Lions Foundation is proud to partner with Healthy Shelves on this diabetes prevention project.

Healthy Shelves recipes and resources are developed through a partnership of Mount Mary University Dietetics Department, Waukesha County UW-Extension FoodWise program and the National Kidney Foundation of Wisconsin.

