

2019

Food Drive DONATION LIST

Donate
healthy food
all year long.

Meat, Beans & Nuts

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

Seasonings

- Black pepper
- Garlic powder
- Onion powder
- Italian seasoning

Grains

- Brown rice
- Whole grain crackers
- Whole grain cereal
- Whole grain pasta

Vegetables & Fruit

- Canned vegetables (no salt added)
- Canned fruit (in 100% juice)
- Raisins
- Canned tomatoes (no salt added)
- Pasta sauce
- Soup with vegetables (low sodium)

Donate to local food pantries using this list. You will be helping support people living with diabetes or other chronic diseases.

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



HealthyShelves.org