

2020

Food Drive DONATION LIST

January

February

March

April

May

June

**ALWAYS
MAKE YOUR
DONATIONS
HEALTHY**

July

August

September

October

November

December

Proteins

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

Grains

- Barley
- Brown Rice
- Crackers (whole grain or graham)
- Pasta (whole grain or gluten-free)
- Popcorn (light or fat free)
- Whole grain cereal (low in sugar)

Vegetables & Fruit

- Canned fruit (in 100% juice or light syrup)
- Canned tomatoes (diced or crushed)
- Canned vegetables (low sodium or no salt added)
- Pasta Sauce (tomato-based)
- Soup with vegetables (low sodium)

Seasonings

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



Help your local food pantry. Use this list when you give. Find recipes and food drive tips at [HealthyShelves.org](https://www.healthyshelves.org)

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