

# GIVE THANKS BY GIVING



## HOLIDAY FOOD DRIVE SHOPPING LIST\*

\*Items are diabetes-friendly

### PROTEINS

- ☐ Canned chicken, tuna or salmon
- ☐ Dry or canned beans (no salt added)
- ☐ Lentils
- ☐ Nuts (unsalted or lightly salted)
- ☐ Peanut butter
- ☐ Shelf stable or powdered milk
- ☐ Soy milk

### WHOLE GRAINS

- ☐ Barley
- ☐ Brown rice (no salt added)
- ☐ Bulgur
- ☐ Crackers (graham or whole grain)
- ☐ Pasta (whole grain or gluten-free)
- ☐ Popcorn (light or fat free)
- ☐ Quinoa
- ☐ Whole grain cereal (low in sugar)

### VEGETABLES & FRUIT

- ☐ Canned fruit (in 100% juice or light syrup)
- ☐ Canned tomatoes (diced or crushed)
- ☐ Canned vegetables (no salt added)
- ☐ Juice (100% vegetable or fruit)
- ☐ Pasta sauce
- ☐ Raisins
- ☐ Salsa
- ☐ Soup with vegetables (low sodium)

### SEASONINGS

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



SHOPPING LIST

Wisconsin Healthy Shelves is dedicated to helping local food pantries support families living with diabetes or other chronic diseases this holiday season.

Materials and recipes on [HealthyShelves.org](http://HealthyShelves.org) 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](http://HealthyShelves.org)

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