

BE A HEALTH HERO

When You SHOP. When You GIVE.



Wisconsin Healthy Shelves is dedicated to employers, faith communities, schools, community leaders and individuals who support local food pantries.

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

Food Drive Shopping List

PROTEINS

- Canned chicken, tuna or salmon
- Dry or canned beans
- 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 (no sugar added)

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
- Salt-free seasoning mixes