

# PUT HEALTH ON THE SHELVES

## FOOD DRIVE SHOPPING LIST

### □ 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)

### □ SEASONINGS

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

### □ 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)



HealthyShelves.org

Wisconsin Healthy Shelves is dedicated to helping employers, faith communities, schools, community groups and individuals 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.