



FOOD DRIVE INVENTORY SHEET

Add items to each category as appropriate. List items that do not meet *Healthy Shelves* requirements at the bottom. Then, calculate your food drive's *Healthy Shelves* percentage!

PROTEIN	NUMBER OF ITEMS
Canned chicken	
Canned tuna	
Canned salmon	
Dry or canned beans (no salt added only)	
Lentils	
Nuts (unsalted or lightly salted only)	
Peanut butter	
Shelf stable or powdered milk	
Soy milk	
WHOLE GRAINS	NUMBER OF ITEMS
Barley	
Brown rice (no salt added only)	
Bulgur	
Crackers (graham or whole grain)	
Pasta (whole grain or gluten-free)	
Popcorn (light or fat free)	
Quinoa	
Whole grain cereal (6 g added sugar only)	
LIST OTHER WHOLE GRAINS HERE:	
VEGETABLES & FRUITS	NUMBER OF ITEMS
Canned fruit (in 100% juice or light syrup only)	
Canned tomatoes (diced or crushed)	
Canned vegetables (no salt added only)	
Juice (100% vegetable or fruit only)	
Pasta Sauce	
Raisins	
Salsa	
Soup with vegetables (low sodium)	

SEASONINGS	NUMBER OF ITEMS
Black pepper	
Chili powder	
Cinnamon	
Garlic powder	
Italian seasoning	
Onion powder or flakes	
Seasonings mixes (salt-free only)	
Poultry seasoning	
Pumpkin pie spice	
Vanilla extract	
Other salt-free seasonings	
ITEMS NOT FROM LIST	NUMBER OF ITEMS
Fruit in heavy syrup	
Soup that is not low-sodium	
White rice	
White pasta	
Vegetables that are not low-sodium	
Canned high-sodium meals (beef stew, etc)	
Sweetened cereals (low in fiber, >7 g added sugar)	
Juice drinks (not 100% juice, added sugar)	
Boxed meals (Mac & Cheese, etc)	

TOTAL ITEMS FROM <i>HEALTHY SHELVES</i> LIST	+	TOTAL ITEMS NOT FROM LIST	=	TOTAL ITEMS COLLECTED IN THE DRIVE
	+		=	
TOTAL ITEMS FROM <i>HEALTHY SHELVES</i> LIST:	/	TOTAL ITEMS COLLECTED IN THE DRIVE:	=	<i>HEALTHY SHELVES</i> PERCENTAGE
	/		=	

