



# Healthy Food Donation Shopping List



## Fruits:

- ☐ Fresh fruits - apples, oranges, bananas, clementines (any fruit that isn't too soft)
- ☐ Canned fruits (look for items canned in 100% fruit juice, water, or a light syrup) - pineapple, peaches, pears, mandarin oranges, grapefruit, fruit cocktail, applesauce
- ☐ Dried fruits (no or low added sugar) - cranberries, cherries, raisins, pineapple, mixed fruit
- ☐ 100% fruit juice (box, small bottle, or pouch) - cranberry, orange, apple, grape
- ☐ Fruit leather (100% fruit)

## Vegetables:

- ☐ Fresh vegetables - carrots, peppers, tomatoes, lettuce, corn, green beans, beets
- ☐ Canned vegetables (low sodium items have less than 140mg of sodium per serving) - corn, peas, carrots, green beans, tomatoes
- ☐ 100% vegetable juice
- ☐ Vegetable soup (pop top cans or microwave bowl) (low sodium)- minestrone, tomato, bean with vegetable

## Grains:

- ☐ Whole grain bread
- ☐ Gluten-Free grains - quinoa, amaranth, rice, polenta, buckwheat
- ☐ Tortillas - corn or wheat
- ☐ English muffins – choose whole grain when possible
- ☐ Pasta - whole grain and gluten free
- ☐ Macaroni and cheese (whole grain; low-fat)

## Cereal:

- ☐ Slow cooking oats
- ☐ Grits
- ☐ Granola (low-sugar, low-fat)
- ☐ Dry cereal (low-sugar) - raisin bran, corn flakes, puffed rice, Cheerios, Chex

## Rice (box, bag, or single serve pouch):

- ☐ Brown rice
- ☐ Wild rice

## Milk:

- ☐ Shelf stable white milk (low-fat or non-fat is best)
- ☐ Powdered milk
- ☐ Non-dairy milk (almond, coconut, rice, soy, etc.)

## Meat and Beans:

- ☐ Peanut butter or other nut butters
- ☐ Jerky's - beef, salmon, turkey
- ☐ Canned meats (packed in water) - tuna, salmon, chicken
- ☐ Canned beans (pop top can) - kidney, black, black eyed peas, great northern, vegetarian, low-fat refried beans
- ☐ Canned, Single-Serving Entrees (pop top can) (choose low-sodium and low-fat) - Beef or chicken stew, chili, beef and vegetable or barley soup, chicken noodle soup

## Snack foods:

- ☐ Whole grain crackers
- ☐ Lara bars, protein bars with natural sugars like dried fruit
- ☐ Nuts - peanuts, walnuts, almonds, cashews, pumpkin seeds, sesame seeds, nut butter
- ☐ Dried fruit (without added sugar)
- ☐ Apple sauce (100% fruit)
- ☐ Popcorn

## WHAT TO AVOID:

- High sugar foods and drinks - soda, fruit juice with sugar, candy, cookies, pies, muffins, donuts, toaster pastries, cereals sweetened with sugar, chips, canned foods with sausage or hot dogs.
- High fructose corn syrup - found in bread, drinks, ketchup, cocktail sauce
- Trans fat (any food that contains a "partially-hydrogenated oil") - found in crackers, cookies, margarine
- Food past the expiration date



## REMINDERS:

- Reusable eco-friendly grocery bags and all toiletries, especially Toilet Paper, Diapers, and Laundry Soap are needed
- Choose pop top cans whenever available
- Look for items that are low-sodium
- Consider choosing some gluten-free items

Shopping list adapted from: Food Bank of Larimer County Weekend Backpack Program (used with permission)

Thank you to Katy Draper, N.C. ([www.feelingnourished.com](http://www.feelingnourished.com)) for adapting for 2012 Food Day Healthy Food Drive and Michelle Hoffer, RDH for help in 2013