

# Healthy Food Donation List



## Fruits

- Canned fruit in 100% fruit juice or water
- Applesauce, unsweetened
- Dried fruit, such as raisins & prunes
- 100% fruit juice



Use the nutrition facts label to determine how much:

- Saturated Fat
- Sodium
- Dietary Fiber
- Sugar

Nutrition Facts / Datos De Nutrición	
Serving Size/Tamaño por Ración 0.5 cup/ 0.5 taza	
Amount Per Serving/ Cantidad por Ración	
Calories/ Calorías 120	Calories from Fat/ Calorías de Grasa 0
% Daily Value*/ % Valor Diario*	
Total fat/ Grasa Total 0g	0%
Saturated Fat/ Grasa Saturada 0g	0%
Trans Fat/ Grasa Trans 0g	0%
Cholesterol/ Colesterol 0mg	0%
Sodium/ Sodio 5mg	0%
Total Carbohydrate/ Carbohidrato Total 22g	0%
Dietary Fiber/ Fibra Dietética 6g	7%
Sugar/ Azúcar 1g	23%
Protein/ Proteínas 8g	
Vitamin A/ Vitamina A 0%	Vitamin C/ Vitamina C 0%
Calcium/ Calcio 6%	Iron/ Hierro 10%

## Vegetables

- Canned vegetables, no salt added (Sodium 140mg or less)
- Canned tomatoes, no salt added (Sodium 140mg or less)
- Tomato sauce, no salt added (Sodium 480mg or less, Sugar 8g or less)
- Spaghetti sauce, low sodium (Sodium 480mg or less, Sugar 8g or less)
- Salsa (Sodium 140mg or less)



## Whole Grains

- Whole grain or whole wheat pasta
- Brown rice, wild rice or quinoa
- Oatmeal or whole grain cream of wheat, unflavored
- Whole grain crackers (Fiber 3g or more)
- Whole wheat or corn tortillas, non-refrigerated (Fiber 3g or more)
- Whole grain cereal (Sugar 6g or less, Fiber 3g or more)
- Popcorn, kernels or microwave 94% fat free



## Dairy

- 1% Low fat or fat free milk, shelf-stable (such as Parmalat), dry, evaporated
- Soy milk, non-refrigerated, unsweetened



## Combination Foods

- Soups, stews or chili (Sodium 480mg or less)
- Broth or stock, unsalted, or low sodium (Sodium 140mg or less)
- Mac & cheese, whole grain



## Beverages

- Tea bags
- Coffee
- Water, seltzer, unsweetened



## Proteins

- Peanut butter
- Canned beans, peas, lentils, no salt added or low sodium (Sodium 140mg or less)
- Dried beans, peas, lentils
- Canned tuna, salmon, chicken or sardines in water, low sodium
- Nuts or seeds, unsalted



## Condiments & Oils

- Lite salad dressings
- Vinegar
- Vegetable, olive, or canola oil
- Dried herbs and spices
- 100% fruit spread



### Helpful Hints:

- Choose pop-top lids
- Check food expiration dates

