

# Healthy Food Drive Ideas

Help your food pantry offer healthier foods to their clients.

Please consider choosing from these options.

Thank you for investing in the health of those in your community!



## Grains

Whole grain cereal  
Oatmeal  
Cereal with less than 6g of sugar per serving  
Whole grain pancake mix  
Brown rice  
Quinoa  
Whole grain pasta, crackers and cornmeal

## Vegetables and Fruits

Low sodium canned vegetables  
No added salt canned vegetables  
Pasta Sauce  
Canned fruit in juice or water  
Unsweetened dried fruit/raisins  
100% Fruit or Vegetable Juice

## Protein

Canned fish packed in water  
Canned chicken  
Peanut butter/nut butter  
Unsalted nuts  
Low sodium or no salt added canned beans  
Dried beans

## Calcium Rich Foods

Shelf stable low-fat or fat-free milk  
ex. Parmalat  
Evaporated milk  
Fat free powdered milk  
Sardines  
Canned salmon w/ bones  
Low sodium canned collard greens

## Programs CANNOT accept

Severely dented cans  
Rusty cans  
Boxes with stains  
Opened items  
Foods without labels  
Home-prepared foods

## Other Suggestions

Low sodium broths or soups  
Salt-free spices and herbs  
Plastic or metal containers  
Single servings of fruit cups & 100% juice pouches  
(great for school lunches)



Talk to your pantry about donating fresh produce from your garden.

Consider donating money, \$1 can purchase up to four meals from the Regional Food Bank.



**Regional  
Food Bank**  
OF NORTHEASTERN NEW YORK