

the BEST FOODS to donate

When donating food, it's important to consider giving healthy, high-quality shelf-stable items to meet the nutritional needs of most families. Nutrient-rich foods can help build a healthier community. Take a look at the food groups below to help guide you in donating nutrient-rich foods. You can also donate at www.GiveAGallon.com. Any donations are valued.

DAIRY GROUP

Choose shelf-stable, low-fat dairy products with vitamin D added.

- Dry/powdered milk
- Evaporated milk
- Boxed shelf-stable milk
- Pudding cups
- Canned parmesan cheese



FRUIT AND VEGETABLE GROUPS

Choose canned or dry fruits and vegetables in an array of colors to ensure a range of vitamins and minerals.

- Canned vegetables
- Vegetable juices and soups
- Diced tomatoes
- Tomato juice and sauce
- Canned spaghetti sauce
- Canned salsa
- Boxed potatoes
- Canned fruit (in its own juice)
- Fruit juice (100% juice)
- Dried fruit
- Shelf-stable fruit cups



GRAIN GROUP

Choose shelf-stable whole grains as often as you can for the most nutritional value.

- Oatmeal/oats
- Whole grain crackers
- Whole-wheat pasta
- Low sugar/high fiber cereals
- Hot cereal/grits
- Brown or wild rice
- Popcorn
- Quinoa or couscous



PROTEIN GROUP

Choose canned lean meats as a good source of low-fat protein and canned or dry beans as a good source of fiber.

- Canned tuna fish, salmon or crab (packed in water)
- Canned chicken
- Canned bean soups
- Canned baked beans
- Dried and canned beans or peas
- Canned beef stew or chili
- Peanut butter or other nut butters
- Nuts and seeds



FLAVORINGS AND OILS

Use flavorings, herbs and spices to enhance the taste of your meals. Also, choose healthy oils when cooking.

- Oils - olive, canola, sesame
- Dried herbs - basil, oregano, garlic
- Spices - cinnamon, nutmeg, ginger
- Flavoring - bottled lemon, lime, vanilla

