

# 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](http://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





Food banks are crucial for providing nourishment to millions of Americans, and milk is one of the most requested items. But despite the demand, it's one of the least donated items at food banks. On average, food banks are only able to provide the equivalent of less than one gallon per person per year.

### GIVE A GALLON

America's dairy community is building on its commitment to nourishing people by joining forces with Feeding America and activating communities to help children and families who need it most. Since 2014, more than **31 million servings of milk** have been donated to people in need. However, more is always needed!

### REAL NOURISHMENT

Each year, more than **46 million** people, including **12 million** children, are served by Feeding America. **83%** of these client households are food insecure, meaning that they were without reliable access to a sufficient quantity of affordable, nutritious food at some point during the past year.

To make ends meet, **79%** of families are purchasing inexpensive, unhealthy food, and **40%** water down food or beverages. These are common coping strategies that directly impact health and nutrition.

Milk is an affordable, efficient way to get nutrients into the hands of people who need it. With **8 grams** of high-quality protein per serving, milk is the **No. 1** food source of **3** of the **4** nutrients Americans often lack in their diet – calcium, vitamin D and potassium.

### TAKE ACTION

You can help get fresh milk and its high quality protein to families in need in your community. Simply go online at **GiveAGallon.com** to donate milk to those who need it most.

AND, by entering your zip code, you can ensure that the milk is delivered to a local Feeding America food bank in your community!

For more information, visit  
[www.GiveAGallon.com](http://www.GiveAGallon.com)

