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