



DAIRY

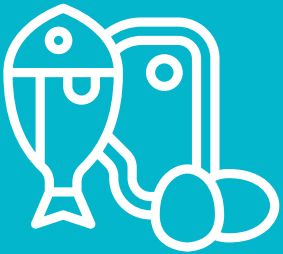
- Unsweetened shelf stable milk
- *Plain low-fat yogurt
- Milk substitutes (almond, soy)

**THE BEST
FOODS
TO
DONATE!**



FRUITS & VEGETABLES

- *Fresh
- Canned in 100% juice or no salt added
- 100% fruit juice or vegetable juice
- Dried fruit
- *Frozen, unsweetened or no sauces



LEAN PROTEIN

- Peanut butter
- Lean meat, fish or poultry
- *Eggs
- Dried or canned beans
- Nuts, plain or no salt added



WHOLE GRAINS

- Brown rice
- Whole grain cereal
- Whole wheat pasta
- Whole wheat bread
- Whole wheat tortillas
- Oats



Don't forget to check expiration dates.
Outdated foods cannot be given to families in need.

***If you are donating fresh or perishable food items check with your local food pantry first.**