

Healthy Foods to Donate

If you plan to donate to a local food pantry, please consider donating some of these low-sodium, low-sugar, low-fat and high-fiber foods.

Fruits:

Canned fruits in light syrups or in own juices
No-sugar-added applesauce
Fruit snacks (100% juice)
Fruit cups (100% fruit)
Juice – canned and boxed (100% fruit)

Vegetables:

Low-sodium or no-salt-added canned vegetables
Low-sodium canned tomato products
Reduced sodium spaghetti sauce
Low-sodium V-8 juice
Tomato paste
Reduced sodium vegetable soups

Poultry, fish, beans, nuts:

Canned chicken
Canned salmon or low-sodium tuna in water
Dried beans
Low-sodium canned beans – all varieties
Unsalted nuts
Reduced sodium peanut butter

Bread, cereal, rice, pasta:

Brown rice
Whole wheat/bran cereal (>5 grams of fiber)
Whole grain crackers (>2 grams of fiber)
Plain oatmeal
Granola bars/Shredded wheat (>2 grams of fiber)
Hot cereal mixes – cream of wheat, cream of rice
Whole wheat pasta
Egg noodles
Corn tortillas

Milk, yogurt, cheese:

Powdered milk
Shelf-stable milk, soy or almond milk (in a box)
Cheddar, mozzarella or feta cheese

Fats, oils:

Canola, coconut or olive oil
Low-sodium salad dressing – Italian, vinaigrette
Popcorn – lower sodium, low-fat