

# Healthy Food Donation List

Feeding America's 2014 *Hunger in America* study found that while pantry clients want to have a healthy diet, they often must purchase inexpensive and less healthy foods to fit their budget. Less healthy foods (such as candy and soda) are often more accessible and affordable to pantry clients than the healthy foods that make up a balanced diet. Our goal is to provide access to these nutritious food options in order to promote greater wellness in our communities.

## FRUITS AND VEGETABLES:

- ▶ Low-sodium or water packed canned vegetables
- ▶ Canned fruits in 100% juice or lite syrup
- ▶ 100% fruit and vegetable juices
- ▶ Dried fruits and vegetables with no added sugar or fat



## 100% WHOLE GRAINS:

- ▶ Whole wheat pasta, barley, brown rice and wild rice
- ▶ Whole grain cereal and rolled oats with at least 3 g fiber



## PROTEINS:

- ▶ Low-sodium or water packed canned meats and seafood such as chicken, tuna, salmon and clams
- ▶ Dried beans, peas and lentils
- ▶ Low-sodium canned beans and peas such as kidney, black, cannellini, black eyed and chickpeas



## HEALTHY FATS:

- ▶ Low-sodium nuts and nut butters such as peanuts and peanut butter, almonds, walnuts and cashews



## DAIRY AND DAIRY SUBSTITUTES:

- ▶ Shelf stable unflavored milk (1% or 2%), powdered milk or evaporated milk
- ▶ Shelf stable non-dairy alternatives such as soy and almond milk (unsweetened)



## PA Healthy Pantry Initiative

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