

Non-Perishable Goods

Please bring what you can. Every item will help a hungry person!

Fruit & Vegetable Group

Choose canned or dry fruits and vegetables in an array of colors to ensure consumption of a variety of vitamins and minerals.

- Canned vegetables
- Vegetable juice • Diced tomatoes • Tomato juice
- Tomato sauce
- Spaghetti sauce • Canned fruit (in its own juice)
- Fruit juice (100%)
- Dried fruit
- Shelf-stable fruit cups

Grain Group

Choose non-perishable whole grains as often as you can for maximum nutritional value.

- Oatmeal
- Whole grain crackers • All types of pasta
- Low sugar / high fiber cereal (Cheerios[®], Raisin Bran[®], etc.)
- Cream of Wheat[®]
- Whole grain rice

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
- Canned salmon
- Canned chicken
- Canned bean soup
- Canned baked beans • Dried and canned beans and peas
- Canned chili
- Canned beef stew • Peanut butter
- Nuts

Milk Group

Choose shelf-stable low-fat dairy products fortified with vitamin D.

- Dry milk
- Evaporated milk
- Boxed shelf-stable milk

Granola bars, protein bars, cheese and crackers are also good for snack foods.