

Healthy Food Donation List



Fruits

- Canned fruit** in 100% fruit juice or water
- Applesauce**, unsweetened
- Dried fruit**, such as raisins & prunes
- 100% fruit juice**



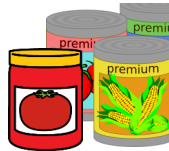
Use the nutrition facts label to determine how much:

- Saturated Fat
- Sodium
- Dietary Fiber
- Sugar

Nutrition Facts / Datos De Nutrición	
Serving Size/Tamaño por Ración 0.5 cup/ 0.5 taza	
Amount Per Serving/ Cantidad por Ración	
Calories/ Calorías 120	Calories from Fat/ Calorías de Grasa 0
% Daily Value* / % Valor Diario*	
Total fat/ Grasa Total 0g	0%
Saturated Fat/ Grasa Saturada 0g	0%
Trans Fat/ Grasa Trans 0g	0%
Cholesterol/ Colesterol 0mg	0%
Sodium/ Sodio 5mg	0%
Total Carbohydrate/ Carbohidrato Total 22g	0%
Dietary Fiber/ Fibra Dietética 6g	7%
Sugar/ Azúcar 1g	23%
Protein/ Proteínas 8g	
Vitamin A/ Vitamina A 0%	Vitamin C/ Vitamina C 0%
Calcium/ Calcio 6%	Iron/ Hierro 10%

Vegetables

- Canned vegetables**, no salt added (Sodium 140mg or less)
- Canned tomatoes**, no salt added (Sodium 140mg or less)
- Tomato sauce**, no salt added (Sodium 480mg or less, Sugar 8g or less)
- Spaghetti sauce**, low sodium (Sodium 480mg or less, Sugar 8g or less)
- Salsa** (Sodium 140mg or less)



Whole Grains

- Whole grain or whole wheat pasta**
- Brown rice, wild rice or quinoa**
- Oatmeal or whole grain cream of wheat**, unflavored
- Whole grain crackers** (Fiber 3g or more)
- Whole wheat or corn tortillas**, non-refrigerated (Fiber 3g or more)
- Whole grain cereal** (Sugar 6g or less, Fiber 3g or more)
- Popcorn**, kernels or microwave 94% fat free



Dairy

- 1% Low fat or fat free milk**, shelf-stable (such as Parmalat), dry, evaporated
- Soy milk**, non-refrigerated, unsweetened



Combination Foods

- Soups, stews or chili** (Sodium 480mg or less)
- Broth or stock**, unsalted, or low sodium (Sodium 140mg or less)
- Mac & cheese**, whole grain



Beverages

- Tea bags**
- Coffee**
- Water, seltzer**, unsweetened



Proteins

- Peanut butter**
- Canned beans, peas, lentils**, no salt added or low sodium (Sodium 140mg or less)
- Dried beans, peas, lentils**
- Canned tuna, salmon, chicken or sardines** in water, low sodium
- Nuts or seeds**, unsalted



Condiments & Oils

- Lite salad dressings**
- Vinegar**
- Vegetable, olive, or canola oil**
- Dried herbs and spices**
- 100% fruit spread**



Helpful Hints:

- Choose pop-top lids
- Check food expiration dates



Frutas

- Fruta enlatada** en jugo de fruta 100% o agua
- Puré de manzana**, sin azúcar
- Frutas secas**, como pasas y ciruelas
- Jugo de frutas 100%**



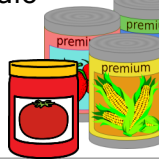
Use la etiqueta de información nutricional para determinar cuanto (a):

- Grasa Saturada
- Sodio
- Fibra Dietética
- Azúcar

Nutrition Facts / Datos De Nutrición	
Serving Size/Tamaño por Ración	0.5 cup/0.5 taza
Serving Per Container/Raciones por Envase	3.5
Amount Per Serving/ Cantidad por Ración	
Calories/ Calorías	120
Calories from Fat/ Calorías de Grasa 0	
% Daily Value* / % Valor Diario*	
Total fat/ Grasa Total	0g
Saturated Fat/ Grasa Saturada	0g
Trans Fat/ Grasa Trans	0g
Cholesterol/ Colesterol	0mg
Sodium/ Sodio	5mg
Total Carbohydrate/ Carbohidrato Total	22g
Dietary Fiber/ Fibra Dietética	6g
Sugar/ Azúcar	1g
Protein/ Proteínas	8g
Vitamin A/ Vitamina A	0%
Calcium/ Calcio	6%
Vitamin C/ Vitamina C	0%
Iron/ Hierro	10%

Vegetales

- Vegetales enlatados**, sin sal añadida (140mg de sodio o menos)
- Tomates enlatados**, sin sal añadida (140mg de sodio o menos)
- Salsa de tomate**, sin sal añadida (480mg de sodio o menos, 8g de azúcar o menos)
- Salsa de espagueti** (480mg de sodio o menos, 8g de azúcar o menos)
- Salsa** (140mg de sodio o menos)



Granos Enteros

- Pastas de grano entero o de trigo entero**
- Arroz integral, arroz silvestre o quínoa**
- Avena o crema de trigo de grano entero**, sin sabor
- Galletas de grano entero** (3g de fibra o más)
- Tortillas de trigo entero o de maíz**, sin refrigerar (3g de fibra o más)
- Cereales de grano entero** (6g de azúcar o menos, 3g de fibra o más)
- Palomitas de maíz**, kernels o de microondas 94% sin grasa



Productos Lácteos

- Leche 1% baja en grasa** o sin grasa, estable en los anaqueles (como Parmalat), leche en polvo, evaporada
- Leche de soja**, sin refrigerar, sin azúcar



Proteínas

- Mantequilla de maní**
- Habichuelas enlatadas, guisantes, lentejas**, sin sal o bajo en sodio (140mg de sodio o menos)
- Habichuelas secas, guisantes, lentejas**
- Atún, salmón, sardinas o pollo** enlatado, en agua, bajo en sodio
- Semillas o nueces**, sin sal



Combinación de Alimentos

- Sopas, estofados o chili** (480mg de sodio o menos)
- Caldo o consomé**, sin sal o bajo en sodio (140mg de sodio o menos)
- Macaroni con queso**, grano entero



Bebidas

- Té**
- Café**
- Agua, agua carbonatada**



Condimentos y Aceites

- Aderezos bajos en grasa para ensaladas**
- Vinagre**
- Aceite vegetal, de oliva o de canola**
- Especias y hierbas secas**
- Jalea de frutas 100%**



Consejos útiles:

- Elija tapas pop-top
- Asegúrese de leer las fechas de expiración de los alimentos



Please consider making your next donation a healthy one!



Please join us in providing more choices to local food pantry clients! The local food pantries in your area would like to provide a variety of choices for all of their clients. Some Connecticut families rely on food pantries as a main source of food. Many people have health issues such as heart disease, diabetes, and high blood pressure that require special diets. Food pantry clients often face choosing between food, medicine, and other expenses. We want to make sure that the food pantry offers a variety of choices that are nutritious, delicious, and will meet their health needs.

The **Healthy Food Donation List**, based on the Dietary Guidelines for Americans, suggests healthier options to donate. For example, canned food is often high in sodium so the list suggests looking for “no salt added” to help people with high blood pressure. You might also consider donating herbs and spices to help provide flavor without added salt.

Other donation suggestions include:

- Fruits canned in their own juices or in water to help people with diabetes;
- Canned fish for a heart-healthy source of protein; and
- Easy open containers and “pop-tops” that help clients without can openers.

Don't have time to shop for donations?

Money is also helpful for food pantries! Donated dollars can buy a variety of healthy options such as dairy products and fresh fruits and vegetables.

Thank you for your support!

