

**Healthy Items
to Donate
to a
Food Bank**

Breakfast Food

Whole Grain Cereal
Rolled Oats
Pancake Mix
Baby Cereal
Syrup

Snack Food

Applesauce
Raisins/Dry Fruit
Granola Bars
Whole Grain Crackers
Trail Mix
Nuts

Fresh Food

(ask first)

Fresh Vegetables
Fresh Fruit
Meats
Yogurt
Milk
Eggs
Bread
Frozen Vegetables

Lunch & Dinner Food

Tuna Fish
Canned Chicken
Peanut Butter
No-Nut Butter
Jelly
Whole grain pasta
Brown/White Rice
Canned Beans
Dry Beans
Canned Vegetables
(low sodium/no salt)
Canned Fruit (light
syrup/in own juices)
Pasta Sauce
Condiments
Dry Goods - Sugar,
Flour, Salt, Baking
Powder, Baking Soda,
Spices
Baby Food