



## **REQUESTED FOOD DONATIONS**

### ***Fruits and Vegetables***

- *Low-sodium* or water-packed canned vegetables
- Canned fruits in 100% juice or lite syrup
- Dried fruits and vegetables
- 100% fruit and vegetable juices

### ***Proteins***

- *Low-sodium* or water-packed canned meats and seafood (chicken, tuna, salmon, etc.)
- Dried beans, peas, and lentils
- *Low-sodium* canned beans and peas
- Nuts

### ***Dairy***

- Shelf stable milk or non-dairy alternatives
- Canned evaporated milk

### ***Whole Grains***

- Pasta, barley, brown rice, wild rice, and other complex carbohydrates
- Low-sugar breakfast cereal, oatmeal, rolled oats
- Whole grain flour

### ***Healthy Fats***

- Low-sodium nuts and nut butters
- Olive oil