

The Best Foods To Donate To Your Food Drive

Many people in the country eat more calories than they need. But it's important to realize that, although an overweight person may look well-fed, he or she may be filling up on calorie-dense food that doesn't contain the nutrients his or her body needs. Take a look at the food groups in the illustrated grocery bag to help guide you in providing healthy choices.



Fruit & Vegetable Group 5-9 choices

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 3-5 choices

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

Protein Group 2-3 choices

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 2-3 choices

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

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

NOTE: Foods high in fat, oils, and sugar provide calories, but few nutrients. These foods make up a high percentage of many diets because they are inexpensive and easy to obtain. It is therefore important to provide healthful foods for those with limited financial resources to supplement their restricted choices with healthy alternatives.

IMPORTANT: For safety reasons, we do not accept baby food or baby formula. Please no glass containers of any kind.

