



Healthy Pantries = Healthy Families

HEALTHY DONATION LIST

Many families who need the support of food banks want to eat a healthier diet. Fresh fruit and vegetables, whole grains, high quality proteins and low-fat dairy sources are being requested. Consider donating from this healthy food list.

✓ **GRAINS**

- Whole grain cereals, low in sugar like oatmeal, Cheerios, with at least 3 g of fiber/serving
- Whole grain pasta
- Brown rice

✓ **FRUIT + VEGETABLES**

- Canned fruits packed in juice or water only
- Low or no sodium canned vegetables
- Dried fruits (no added sugar)

✓ **MEATS + PROTEINS**

- Canned fish (salmon, tuna in water only)
- Peanut butter or nut butters (natural, no added sugars)
- Dried or canned beans (low-sodium or no salt added varieties only)

✓ **DAIRY**

- Shelf stable calcium fortified dairy alternatives such as almond, soy or rice milks (non-flavored, no added sugars)

✓ **OTHER**

- Olive oil or canola oil
- Dried spices

Questions? Contact Eat Smart Idaho at (208) 446-1680.