

Food Bank Donation Ideas

Grains:

- Dry whole wheat pasta
- Brown rice
- Grits
- Quinoa
- Couscous
- Plain oatmeal
- Whole grain cereal
- Whole grain crackers

Vegetables & Fruits:

- Canned vegetables [low sodium]
- Pasta sauce [low sodium]
- Canned fruits [no sugar added]
- Dried fruits [no sugar added]
- Shelf-stable 100% vegetable juice
- Shelf-stable 100% fruit juice

Proteins:

- Canned tuna
- Canned salmon
- Canned chicken
- Dried beans, lentils or peas
- Canned beans [low sodium]
- Canned soups, stews, or chili [low sodium]
- Peanut butter or other nut butters
- Unsalted nuts
- Trail mix

Milk:

- Shelf-stable milk [cow, soy, rice, etc.]
- Evaporated milk
- Dry milk

Cooking Oil:

- Olive oil
- Canola oil
- Coconut oil
- Vegetable oil

Other Food Items:

- Spices
- Coffee
- Tea

Other Items:

- Paper products
- Diapers
- Baby formula
- Pet food
- Toiletries
- Bottled water
- Cleaning products
- Disaster supplies [MREs, emergency kits, etc.]

Holiday Food Items:

- Canned yams
- Canned vegetables [low sodium]
- Cranberry sauce
- Boxed stuffing
- Dry macaroni
- Boxed mashed potatoes
- Canned gravy
- Brown rice
- Canned pumpkin
- Canned pie filling

