



# DONATION GUIDELINES

*Healthy foods are important to our organization. 58% of households have a member with high blood pressure, and 33% households have a member with diabetes. Children often suffer from delayed development milestones without proper nutrition. Help us provide nutritional items for our customers.*

## PANTRY STAPLES

*(low sodium, no sugar added, packed in water)*

- Canned Chicken, Tuna (in water)
- Canned beans
- Soups
- Pasta (Gluten-Free)
- Nut Butters
- Canned Fruits and Vegetables
- Rice, Jasmine



## SPICES - BULK

- Cinnamon
- Cumin
- Garlic Powder
- Turmeric



## SAUCES

*(low sodium, no added sugar)*

- Enchilada Sauce
- Hot Sauce
- Condiments (Ketchup, Mayo, Mustard)
- Soy Sauce
- Fish Sauce



## OTHER

- Gluten-Free items (i.e. Pasta)
- Nutritional Shakes (Ensure, Boost)
- Baking:
  - Flour
  - Baking Powder
  - Baking Soda
  - Vanilla Extract



## Healthy Youth

- Pop-top cans (*low sodium*) of:
  - Soups
  - Meats
  - Stews
  - Ravioli
- Breakfast (individual packets) - *Low sugar*
  - Oatmeal
  - Cereal
  - Bars
- Shelf-stable milks
- Juice (*no sugary added*)
- Healthy snacks
  - Single-serve packs of nuts
  - Dried fruit
  - Granola bars (*low sugar*)
- Single Items in bulk
  - Mac-n-Cheese
  - Apple sauce

*\*Please no*

- *Expired Items*
- *Top Ramen*
- *Canned fruit in heavy syrup*
- *Soups and stews high in sodium*
- *Soda, Energy Drinks*
- *Candy*

## Lets get started!

Host a food drive at your business, have your club collect donations, grow a garden row of fresh produce, or shop for items - there are a lot of ways to support those in our community who are food insecurity.

The most efficient donation is a single-item drive. It saves us precious resources of sorting items, and we can add items into our food pantry immediately. [Click here to host a food drive](#) or QR Code

