The BEST Foods to Donate to the Food Drive

Fruit & Vegetable Group
Choose canned or dried fruits and vegetables in an array of colors
• 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

Milk Group
Choose shelf-stable low-fat dairy products
• Dry milk
• Evaporated milk
• Boxed shelf-stable milk

Grain Group
Choose non-perishable whole grains
• Oatmeal
• Whole grain crackers
• All types of pasta
• Low sugar/high fiber cereal

Protein Group
Choose canned lean fish and meats and canned or dry beans
• 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

Food Donations that cannot be Accepted
• Baby food
• Baby formula
• Glass containers
• Perishable food (frozen or refrigerated)
• Opened food
• Expired food