






Non-Perishable Donation Guidelines

 = what to look for in stores

Fruits	Vegetables	Grains	Protein
<ul style="list-style-type: none"> • Canned fruit • Shelf-stable fruit cups • Dried fruit • Hardy fresh fruits including apples, oranges, unripe (green) bananas <p> "no sugar added" or "100% juice". Avoid fruits canned in syrup.</p>	<ul style="list-style-type: none"> • Canned veggies • 100% veggie juice • Tomato sauce • Hardy fresh vegetables including potatoes, carrots, onions, broccoli <p> "no salt added" or "low sodium" (140 mg or less/ serving).</p>	<ul style="list-style-type: none"> • Whole Grain Bread, Tortillas, Crackers, Pasta • Brown rice • Oatmeal • Barley • Quinoa • Whole wheat flour • Unsweetened cereal w/ 3 grams of fiber or more per serving <p> 100% "whole grain" or listed as 1st ingredient.</p>	<ul style="list-style-type: none"> • Canned chicken and fish • Dried beans, peas, lentils • Canned beans • Peanut and nut butters • Raw or dry roasted nuts <p> sodium," "no salt added," or items canned in water (not in oil).</p>
<h3>Dairy</h3> <ul style="list-style-type: none"> • Evaporated milk • Dried milk • Calcium-fortified milk alternatives (soy, almond, rice) <p> low-fat (1%) or fat-free (skim) dairy products that are shelf-stable.</p>	<h3>Fats & Oils</h3> <ul style="list-style-type: none"> • Olive Oil • Canola Oil • Vegetable Oil • Non-stick Cooking Spray 	<h3>Seasonings</h3> <ul style="list-style-type: none"> • Dried spices or mixes with "low sodium" or "no salt added" • Vinegar 	

Fresh donations should be free of bruising, wilting, and mold.