

# Green: Donate Often

## Fruits and Vegetables

*Low sodium, no sugar added, packed in water or juice*

- Frozen or fresh fruits and vegetables
- Canned vegetables (green beans, peas, corn)
- Canned fruit (any variety)

## Proteins

*Low sodium, packed in water*

- Frozen meat (all kinds) - lean or low-fat
- Canned chicken
- Canned tuna

## Grains

*Whole grain when available*

- Rice
- Whole grain pasta
- Oats
- Breakfast cereals (whole grain, low sugar)

## Cooking Essentials

- Vegetable-based oils
- Spices (salt, pepper, ginger, garlic, etc.)

## Healthy Snacks

- High fiber granola bars (KIND)
- Nuts (low/no salt)
- Instant oatmeal (low sugar)
- Protein bars (KIND ZERO)
- Raisins (no sugar added)



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## Beverages

*0 grams' of added sugars on the nutrition facts panel*

- Water
- Coffee - instant or ground (**HIGH NEED ITEM**)
- Shelf-stable milk (low-fat)
- Tea
- 100% fruit juice (no sugar added)

## Baking Supplies

- Flour
- Baking powder
- Honey
- Sugar or sugar substitute
- Vanilla extract

## Household and Hygiene Items

- Menstrual pads and tampons
- Household cleaning items
- Deodorant
- Toilet paper
- Shampoo, Conditioner, Body Soap
- Toothbrushes
- Toothpaste
- Laundry detergent



# Red: Do Not Donate

While we greatly appreciate the generosity of our supporters, we must also prioritize the health and well-being of our clients. Therefore, we discourage donations of highly processed, high sodium, or sugary foods, as well as items that are past their use-by or best-by dates.

## Highly processed foods

- Cookies
- Candy
- Chips
- Instant Ramen

## Beverages

- Soda, regular or diet
- Energy drinks
- Sugar-sweetened juice
- Coffee & tea beverages with added sugar

## Canned Items

- Canned fruit in heavy syrup
- High sodium canned vegetables
- Soups and stews high in sodium, saturated fats

