

Healthy Food Drive DONATIONS

Feeding America's 2014 Hunger in America study found that 79% of clients purchase inexpensive, unhealthy foods just to make ends meet. However, clients report that they are looking to access healthier foods for their diets. Below is our list of suggestions for healthy food drive donations:

Non-Perishable Goods:

Canned Beans/Dried Beans
Peanut Butter or Other Nut Butters
Rolled Oats
Canned Fruit in Natural Juice (Not in Light or Heavy Syrup)
Canned Vegetables (Low-Sodium)
Low-Sodium Soups
Canned Tuna/Chicken
Brown Rice/Instant Brown Rice
Quinoa
Nuts/Seeds/Dried Fruits
Shelf Stable Milk and Milk Substitutes
Whole Grain Pasta
Low-Sodium Pasta Sauce
Popcorn Kernels (Not Microwave Popcorn)
Canned Stews (Low-Sodium)
Whole Grain, Low-Sugar Cold Cereals
Olive or Canola Oil
Canned Tomatoes (Low or No Salt)

Baby Essentials:

Baby Formulas (Unopened and Not Past Expiration Date)
Diapers
Baby Wash
Baby Oil/ Lotion
Diaper Rash Ointment

Household Items:

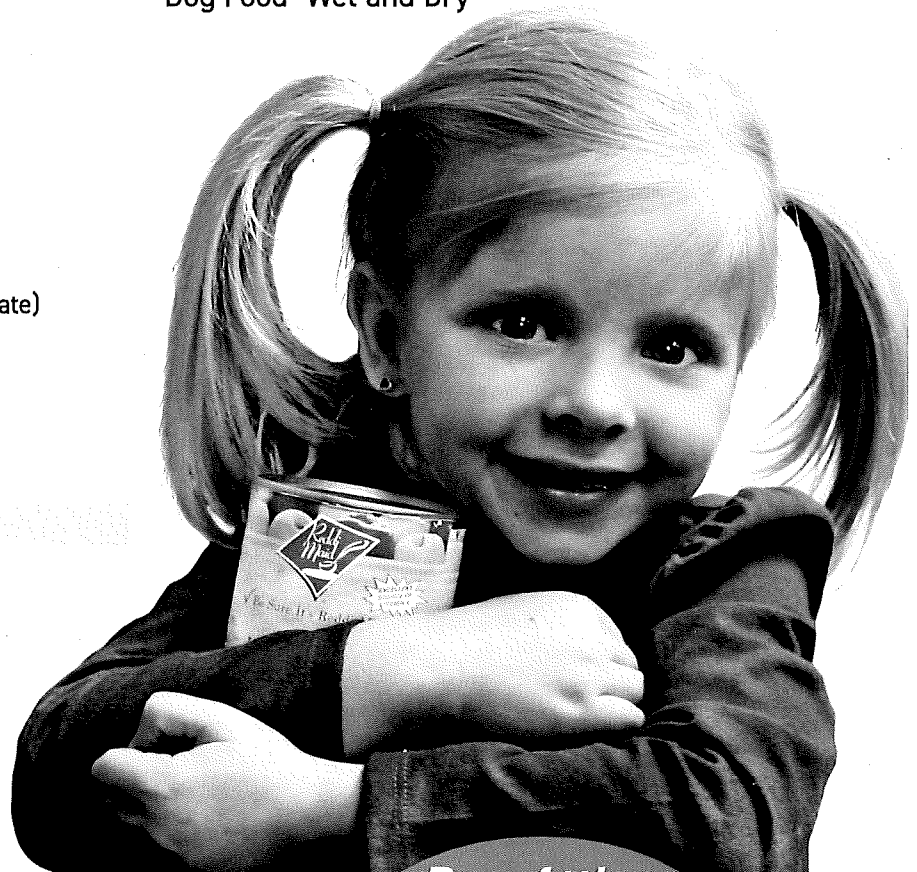
Laundry Detergent
Dish Detergent
Cleaning Sprays
Disinfectant Wipes/Sprays
Sanitizer Gloves/Masks
Paper Towels
Toilet Paper

Toiletries & Personal Hygiene:

Toothpaste /Toothbrush
Mouthwash
Soaps/Body Washes
Deodorant
Hand and Body Lotion
Shampoo/Conditioner
Razors/Shaving Cream
Feminine items
Washcloths/Bath Towels

Pet Supplies:

Cat Food - Wet and Dry
Dog Food- Wet and Dry



www.islandharvest.org

631-873-4775 | 516-294-8528

Benefitting



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Nourishing Long Island's Future