

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



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