

Put Health on the Shelves

DONATION Checklist

FILL OUR FOOD PANTRY SHELVES WITH HEALTHY INGREDIENTS

VEGETABLES & FRUIT

- Canned fruit (in juice or light syrup)
- Canned diced tomatoes
- Canned vegetables (low sodium)
- Pasta sauce
- Raisins
- Salsa
- Soup with vegetables (low sodium)
- 100% vegetable or fruit juice

GRAINS

- Whole grain cereal (no sugar added)
- Brown rice
- Barley
- Bulgur
- Popcorn (light or 98% fat free)
- Graham or whole grain crackers
- Whole grain or gluten-free pasta
- Quinoa

PROTEIN

- Canned chicken or tuna (in water)
- Dried or canned beans
- Lentils
- Nuts (Unsalted or lightly salted)
- Powdered milk
- Soy milk
- Peanut butter



Food drive checklist created by:

Mount Mary University
Waukesha County University of Wisconsin-Extension
National Kidney Foundation of Wisconsin
The Salvation Army of Waukesha
Food Pantry of Waukesha County
NuGenesis Farm

HEALTHY INGREDIENTS • HEALTHY MEALS • HEALTHY FAMILIES

03/15