donate a bag filled with health

03/15

DONATION checklist

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:
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The Salvation Army of Waukesha
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NuGenesis Farm

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