

# SKIP the Mac , n Cheese PLEASE!

*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

03/15

## DONATION



### 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

### A MESSAGE FOR YOU