what you donate **TODAY,** *will be your neighbor's dinner* **TOMORROW**

03/15

DONATION list

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

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