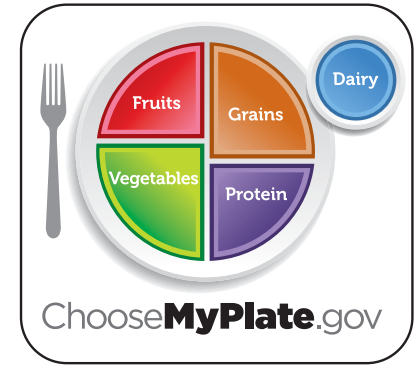


Food Pantry Wish List



Use these ideas to help you choose healthful foods to donate to food pantries.

Compare Nutrition Facts labels to get the most nutrition for your money.

If you wish to donate fresh and/or frozen fruits, vegetables, meat or other perishable food items, be sure to contact the food pantry/distribution center first to be sure it can accept them.

Keep perishable items refrigerated or frozen to maintain their safety and quality.

Julie Garden-Robinson,
Ph.D., R.D., L.R.D.,
Food and Nutrition
Specialist

▼ Grains

Bran cereals
Bread
Bread or muffin mixes
Cold and hot cereals
Dry noodles and pasta
Flour
Graham crackers
Granola bars
Infant cereal
Macaroni and cheese mixes
Noodle mixes
Oatmeal
Pancake mix
Popcorn
Rice and rice mixes
Shredded wheat
Whole-grain crackers

▼ Vegetables

Baby food – vegetables
Canned tomato products
Canned vegetables
Fresh and frozen vegetables*
Spaghetti sauce
Vegetable juice
Vegetable soup

▼ Fruits

Apple sauce
Baby food – fruit
Canned and boxed 100 percent fruit juice
Canned fruit
Dried fruit (raisins, cranberries, etc.)
Fresh and frozen fruit*
Fruit leather made from 100 percent fruit

▼ Dairy

Evaporated milk
Fresh milk, yogurt and cheese*
Infant formula
Instant breakfast drinks
Nonfat dry milk
Powdered milk
Shelf-stable (UHT) milk

▼ Protein Foods

Baked beans
Bean soup
Beef stew
Canned and dry beans
Canned chicken
Canned chili
Canned tuna or salmon
Fresh or frozen meat, poultry and fish*
Peanut butter

▼ Other

Honey
Jelly and jam
Mayonnaise
Salad dressings
Sugar
Syrup
Vegetable oils

* Before you donate fresh or frozen foods, check that the facility has refrigerator or freezer storage facilities.

For more information about food and nutrition, visit www.ndsu.edu/eatsmart.