

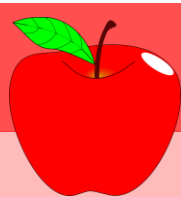
HEALTHY FOOD DONATION LIST



SWAP
SUPPORTING • WELLNESS • AT • PANTRIES

Supporting Wellness at Pantries (SWAP) is a system for ranking foods by nutrition to stock a food pantry with healthier food items. Please help us support the health and well-being of our clients and community by increasing the amount of healthy food you donate. Please consider giving more of the following foods.

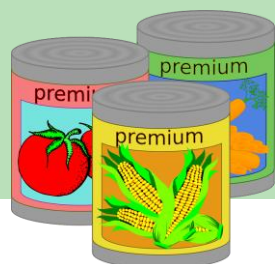
FRUIT



- **Fresh fruit**
- **Canned fruit**, with 0g of added sugar or less than 12g of total sugar
- **100% fruit juice**

VEGETABLES

- **Fresh vegetables**
- **Canned vegetables**, with less than 230mg of sodium and less than 0g of added sugar or less than 12g of total sugar
- **100% vegetable juice**



PROTEIN



- **Canned beans**, low-salt (less than 230mg of sodium)
- **Peanut / nut butter**
- **Dried beans**
- **Canned tuna or chicken in water**

WHOLE GRAINS

- **100% whole wheat or whole grain bread, tortillas, and pasta**
- **Brown rice**
- **Oatmeal**
- **Cereal with first ingredient whole-grain** and with less than 6g of added sugar



DAIRY

- **Low-fat or non-fat shelf stable milk**
- **Low-fat or non-fat yogurt**, with 0g of added sugar or less than 12g of total sugar



OTHER FOODS

- **Canned soup or broth**, low- or no salt-added (less than 480mg of sodium and less than 3g of saturated fat)
- **Spices and dried herbs**



Healthy Food Donation List

Feeding America's 2014 *Hunger in America* study found that 79% of clients purchase inexpensive and unhealthy foods just to make ends meet. However, clients reported that they want to have a healthier diet; 55 percent of client households reported fresh fruit and vegetables as one of their most desired items when visiting a food pantry, 47 percent cited protein food items (including meat), and 40 percent cited dairy products.

Listed below are Feeding America's suggestions for healthful food donations.

Fruits and Vegetables

- **Fresh produce;** check to see if the food drive has the capacity to accept this as a donation.
- **Low-sodium or water packed canned vegetables,** including tomatoes and tomato sauce can be easily obtained and are great alternatives to their fresh counterparts.
- **Canned fruits in 100% juice or lite syrup** are great sources of Vitamin C because only a small amount of it is lost in the canning process.
- **100% fruit and vegetable juices** in all container forms are welcome, including canned, plastic, and boxed.
- **Dried fruits and vegetables** with no added sugar or fat.

Proteins

- **Low-sodium or water packed canned meats and seafood** such as chicken, tuna, salmon, and clams are high in protein, low in saturated fat, and rich in a variety of vitamins and minerals.
- **Dried beans, peas and lentils** are high in fiber and low-fat sources of protein.
- **Low-sodium canned beans and peas** such as kidney, black, cannellini, black eyed, and chickpeas are high in fiber and low-fat sources of protein. Rinsing beans and removing the canning liquid can reduce their sodium content.
- **Fresh or frozen meat;** check to see if the food drive has the capacity to accept this as a donation.

Dairy and Dairy Substitutes

- **Milk** (unflavored nonfat, skim, and low-fat); check to see if the food drive has the capacity to accept this as a donation.
- **Shelf stable milk or non-dairy alternatives** such as soy and almond milk are great sources of Vitamin D and calcium. In addition, shelf-stable dehydrated milk and canned evaporated milk are also encouraged.

100% Whole Grains

- **Whole-wheat pasta, barley, brown rice, and wild rice** are complex carbohydrates. They contain good sources of fiber, which are more satiating and filling.
- **Whole-grain cereal and rolled oats with at least 3g of fiber** such as breakfast cereals can be additional sources of vitamins and minerals. Low-sugar or unsweetened cereals and oats are also highly encouraged.

Healthy Fats

- **Low-sodium nuts and nut butters** such as peanuts, almonds, and cashews are rich in protein and fiber. They also contain "good fat's" and vitamins that are known to positively support heart health, such as monounsaturated and polyunsaturated fats, omega-3 fatty acids, and Vitamin E.

What's the best non-perishable food to donate to your pantry?

Pantries can make the most of your non-perishable food donation when you consider three things: nutrition, usefulness, and quality vs. quantity.

Nutrition

Pantries aim to provide your neighbors with the healthiest food possible. Here is an expanded list of healthy non-perishable foods you can donate.

- Canned fish, such as salmon, tuna and sardines
- Canned meats, such as chicken and turkey
- Whole grains, such as quinoa and spelt
- Rice (brown, wild)
- Steel-cut or rolled oats
- Whole grain dry cereals with at least 5 grams fiber/serving
- Whole grain pastas, such as whole wheat, brown rice flour or quinoa
- Fruits in natural juice with no sugar added
- Canned vegetables, low salt or no added salt
- Canned fruit packed in water versus syrup
- Canned or boxed low-sodium soups and stews
- Dried or canned legumes, such as peas, lentils, peanuts and beans
- Pureed foods, such as sweet potato, pumpkin and applesauce
- Low-fat dry or shelf-stable milk
- Nut butters, including peanut, almond, walnut

Other great things to donate that can help stretch a food budget:

- Dried herbs and spices and no-salt spice blends
- Popcorn kernels
- Dried fruits (preferably no added sugar), such as prunes, mangoes, apricots and raisins
- Granola, muesli
- Shelf-stable milk alternatives such as soy, almond, rice
- Seeds, such as sesame, sunflower or pumpkin
- Healthy oils, such as olive and grape seed
- Green, white and herbal tea
- Plain, unsalted nuts such as almonds, walnuts, pistachios and pecans
- Natural sweeteners, such as honey
- 100 percent fruit juice

Usefulness

Consider donating food with pop-top lids for someone who may have difficulty opening cans with a can opener. You can support children with their healthy food habits by donating food in kid-friendly sizes with easy-to-open packaging and no-cook food items.

Quality vs. Quantity

We encourage you to give the best food possible, but also realize you have a budget. If you can afford to donate organic items, great. If not, that's OK, too. Every donation makes a difference. What's most important is that we all come together to help our neighbors.