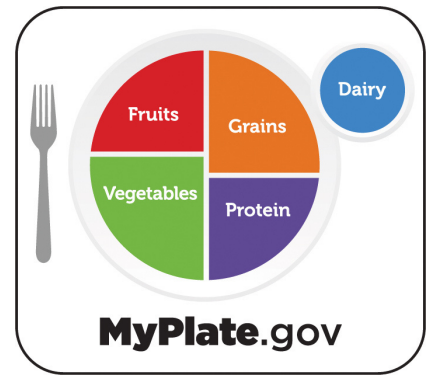




Healthy Donations List

Join the Knox County Local Food Council in nourishing our neighbors by donating shelf-stable items from the five MyPlate food groups for food pantries, the Mid-Ohio Market at Center of Hope, and community meals.



Helpful Hints:

- Choose pop-top lids
- Check food expiration dates
- Look for the Nutrition Facts label to determine how much: Saturated Fat, Sodium, Dietary Fiber, and Sugar



PROTEIN

- Low-sodium canned beans
- Dried beans, peas, or lentils
- Unsalted or lightly salted nuts
- Trail mix with less than 230 mg sodium
- Canned tuna, chicken, or salmon in water
- Nut butter: peanut, almond, or cashew with less than 230 mg sodium and 6 g sugar per serving



GRAINS

- Cereal and oatmeal with less than 12 g of sugar
- Whole grain bread, pasta, or tortillas
- Barley, quinoa, or couscous
- Brown rice or instant rice
- Whole grain crackers
- Whole grain flour
- Corn tortillas

Seasonings

- Pepper
- Chili powder
- Garlic powder
- Onion powder
- Dried herbs
- Dill weed
- Vinegar
- Vanilla
- Nutmeg
- Cinnamon
- Italian seasoning
- Ground ginger
- Pumpkin pie spice
- Sugar substitutes
- Low sodium broth
- Brown or white sugar



VEGETABLES

- No added salt canned vegetables
- No added salt or low sodium spaghetti sauce
- Low sodium canned soups
- 100% Vegetable juice



FRUITS

- Canned fruit in water, light syrup, or 100% juice
- Unsweetened applesauce
- Plain dried fruit
- 100% Fruit juice (no added sugar)
- 100% Fruit pouches



DAIRY

- Shelf -stable low-fat dairy, soy, almond, or rice milk (for example: powdered milk)

Basic Necessities

- Toilet paper
- Soap
- Lotion
- Deodorant
- Shampoo
- Conditioner
- Hair spray
- Toothpaste
- Floss
- Toothbrush
- Feminine hygiene products
- Diapers
- Baby wipes
- Laundry detergent
- Dryer sheets
- Can openers (non-electric)



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For more information on how to read and use the Nutrition Facts label...

Scan the QR code

