

Healthy Food Donation Tips

Active Faith Community Services would like to provide healthier food options to our clients facing food insecurity. Please help us support health and wellness in our community by donating the following food and personal care items when possible.



Fruits and Vegetables:

- Canned Vegetables – *low sodium or no salt added*
- Canned fruit – *no sugar added*
- Applesauce – *no sugar added*
- Dried fruit – *no sugar added*
- Fruit juice (*100% juice, no sugar added*)
- Canned tomatoes – *low sodium or no salt added*

Whole Grains

(First ingredient should say the word “whole,” such as whole wheat, whole corn)

- Whole grain cold cereal – *low sugar* (toasted oats, bran flakes, shredded wheat)
- Hot Cereal – *no sugar* (oatmeal, cream of wheat, grits)
- Brown or wild rice
- Pasta – *100% whole grain preferred*
- Quinoa
- Whole grain crackers and rice cakes
- Popcorn – *low or no fat or salt*
- Granola Bars

Protein

- Canned meat and fish – *low sodium* (chicken, salmon and tuna)
- Canned beans – *low sodium*
- Dried beans, lentils and peas
- Nuts and seeds (almonds, peanuts, pumpkin seeds, sunflower seeds)
- Nut and seed butters (peanut butter, almond butter, sunflower seed butter)
- Protein bars – *at least 6g protein per bar*

Milk and Milk Substitutes

- Shelf-stable low-fat powdered or evaporated milk
- Shelf-stable boxed soy or rice milk - *unflavored*

Pantry Staples

- Flour
- Spices
- Bottled vegetable or olive oil (plastic or metal containers only)
- Broth – *low sodium* (chicken, vegetable)
- Condiments

Other

- Boxed meals – *low or reduced sodium* (complete dinners, helper and pasta meals)
- Canned or boxed stews and soups – *low sodium*
- Canned tomato sauce – *low sodium*

Personal Care Items

- Toothpaste & Toothbrushes
- Shampoo & Conditioner
- Disposable Razors
- Deodorant
- Laundry Detergent

Please limit donations of:

- Sugary drinks (pop, fruit-flavored drinks, energy or sports drinks, sweetened teas)
- Candy
- Unhealthy snacks (chips, cookies, and other foods high in fat, sodium, sugar and calories)

We can take expired items 2 years past the date. Thank you!

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“Together We Can Make A Difference”