

# Food Donation Guide

## Donation Tips

- When donating, consider “would you want to eat this if you received these items?”
- When buying mashed potatoes, look for a variety that can be reconstituted with water.
- Look for small bags of food (pasta and rice) rather than oversized as these cannot be divided into smaller portions for distribution.
- Donating can openers is always helpful. But look for easy-open containers.
- Consider low/no-salt options for people with dietary restrictions.

## Protein and Dairy

- Canned tuna and salmon
- Canned ham and SPAM
- Canned chicken and turkey
- Beans and lentils (canned or dried)
- Canned soups, stews, and chili
- Beef jerky
- Peanut butter
- Nuts and seeds
- Powdered milk or UHT milk
- Protein bars
- Velveeta and other shelf-stable cheeses
- Baby formula, infant cereal, and pouches of baby food

## Fruits, vegetables, and grains

- Canned and dried fruits
- Applesauce and juice boxes
- Canned vegetables (including canned tomatoes)
- Rice (especially instant brown rice) and quinoa
- Pasta (especially whole grain)
- Pasta sauce (especially with meat)
- Canned meals (ravioli)
- Baked beans
- Dry soup (Ramen noodles)
- Instant mashed potatoes (made with water)
- Macaroni and cheese
- Oatmeal and cereals (whole grain, low sugar)
- Granola bars and trail mix
- Popcorn and crackers
- Baking mixes, especially cornbread (made with water)
- Pancake mixes (made with water) and syrup
- Cornmeal

## Holiday food: Thanksgiving and Christmas

- Instant mashed potatoes (made with water)
- Boxed stuffing
- Gravy or gravy mix
- Canned vegetables
- Cream of soups (chicken, mushroom, celery, broccoli)
- Dry macaroni and Velveeta cheese
- Biscuit, cornbread, or baking mixes (made with water)
- Canned cranberry sauce
- Canned pumpkin

## Cooking basics

- Canola oil
- Olive oil
- Cooking spray
- Flour
- Sugar
- Salt
- Pepper
- Assorted spices