REPLENISH
NOURISHING NEIGHBORS

Healthy Food Donation List

Check out our "How to Read a Nutrient Facts Label" guide for help determining how much Saturated Fat, Sodium, Dietary Fiber, and Sugar an item has!

Fruits

- **Canned fruit** in 100% fruit juice or water
- **Applesauce**, unsweetened
- **Dried fruit**, such as raisins, prunes, apricots
- **100% fruit juice**

Vegetables

- **Canned vegetables**, no salt added
- **Canned tomatoes**, no salt added
- **Pasta sauce**, low sodium
- **Salsa,** low sodium

Dairy

- **1% Low fat or fat free milk**, shelf-stable (such as Parmalat), dry, evaporative
- **Soy or almond milk**, non-refrigerated, unsweetened

Combination Foods

- **Soups, stews or chili,** low sodium
- **Broth or stock**, unsalted or low sodium
- **Mac & Cheese**, whole grain

Beverages

- **Tea bags**
- **Instant coffee**
- **Water, seltzer,** unsweetened

Whole Grains

- **Whole grain or whole wheat pasta**
- **Brown rice, wild rice or quinoa**
- **Oatmeal or whole grain cream of wheat,** unflavored
- **Whole grain crackers**
- **Whole wheat** or **corn tortillas**, non-refrigerated
- **Whole grain cereal**
- **Popcorn,** kernels or microwave

Proteins

- **Peanut butter,** low fat
- **Canned beans, peas, lentils,** no salt added or low sodium
- **Dried beans, peas, lentils**
- **Canned tuna, salmon, chicken or sardines** in water, low sodium
- **Nuts or seeds**, unsalted

Condiments & Oils

- **Lite salad dressings**
- **Vinegar**
- **Vegetable, olive, or canola oil**
- **Dried herbs and spices**

NOTE: If you have perishable items that you would like to donate, you can bring them to our warehouse Monday through Friday from 6 a.m. to 1 p.m.

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