



# Food Drive Donation Suggestions

## Vegetables

low-sodium canned veggies; pasta sauces; salsa; canned jalapeno and chipotle peppers; canned baby corn; bamboo shoots; mushrooms

## Dairy

powdered and shelf-stable milk;  
milk alternatives such as rice, soy,  
almond, etc.

## Fruits

canned fruit; sugar-free  
applesauce; dried fruit;  
100% fruit juices

## Spices/Cooking Oils

olive, canola & vegetable oils; onion & garlic powder; dried basil;  
oregano; thyme & rosemary; chili powders & taco seasonings; turmeric;  
cumin; dried chili peppers

## Poultry/Fish/Beans/Nuts

canned tuna; salmon or chicken; canned and dried beans; low-sodium  
broth or bean soups; un-salted nuts; peanut butter

## Grains

brown or wild rice; whole-grain  
pastas; trans-fat free tortillas; old  
fashioned oats or low sugar  
oatmeal; granola bars; rice and  
bean thread noodles; corn grits;  
gluten free options

## Household Items

can openers; paper towels;  
toilet paper; pads & tampons;  
dish soap; body wash; baby  
wipes; diapers; shampoo &  
conditioner; hand sanitizer;  
face masks; pet food; baby  
supplies

**We provide healthy, culturally connected foods to our partners. We welcome donations low in sodium, high in protein, and rich in the kinds of good ingredients you would want in your own home!**