

Choosing The Best Foods to Donate

At Second Harvest Food Bank of Northwest NC, we're committed to providing healthy food options for our partner agencies and those in need we serve together. You can help!

Use this guide when selecting foods to donate to food drives.

No food donations in glass containers please.



Fruit & Vegetable Group

Choose canned or dry fruits and vegetables in an array of colors to provide a variety of vitamins and minerals.

- Low sodium canned vegetables
- 100% vegetable juice
- Diced tomato
- Tomato juice
- Spaghetti sauce
- Canned fruit in light or no syrup
- 100% fruit juices
- Raisins
- Shelf-stable fruit cups in their own juice

Grain Group

Choose non-perishable whole grains as a first ingredient for maximum nutritional value.

- Plain or low sugar oatmeal
- Whole grain crackers
- Whole wheat pasta
- Low sugar/high fiber cereals
- Whole grain granola bars
- Brown rice

Protein Group

Choose canned lean meats as a good source of low-fat protein and canned or dry beans as a good source of fiber.

- Canned tuna fish in water
- Canned salmon
- Canned chicken/turkey
- Low sodium bean soups
- Dried and canned beans and peas
- Turkey or vegetable chili
- Low-fat cream soups
- Natural peanut butter
- Almond butter
- Unsalted nuts

Dairy Group

Choose shelf-stable, low-fat dairy products fortified with Vitamin D.

- 1% shelf-stable milk
- 2% evaporated milk
- Fat-free pudding
- Shelf-stable yogurt

TOGETHER WE CAN SOLVE HUNGER
LEARN MORE AT WWW.HUNGERNWNC.ORG

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