



## Preferred Food Items List

### Fruits

Please donate fruits **canned in own juice** or **100% fruit juice**.

- Peaches
- Pears
- Pineapple
- 100% Fruit Juice

### Vegetables

Please donate **low sodium, canned** vegetables.

- Green Beans
- Corn
- Tomatoes
- Spaghetti Sauce

### Protein

Please donate **lean** sources of **animal-** and **plant-based** proteins.

- Chicken, canned
- Tuna, canned, packed in water
- Peanut Butter
- Beans, dried or canned, low sodium

### Grains

Please donate **whole grain** foods.

- Brown Rice
- Oatmeal
- Cereal (no-added sugar)
- Pasta (multigrain)

### Snacks

Please donate **healthy** foods for on-the-go.

- Granola
- Nuts & Seeds
- Breakfast Bars
- Graham Crackers

### Dairy

Please donate **boxed low fat** milk or **milk alternatives**.

- Skim Milk
- 1% Fat Milk
- Almond Milk
- Soy Milk

### Condiments

Please donate **healthy & salt-free** flavors.

- Salsa
- Oil
- Mustard
- Salt-free Seasonings

### Got Fresh?

Absolutely! Drop off your fresh fruits, veggies, meat and dairy at Dock 1 right at Hunger Task Force, 201 S. Hawley Ct., 8:30 – 5:00 p.m., Monday – Friday. Or, make a monetary donation at [HungerTaskForce.org](http://HungerTaskForce.org) and we'll purchase fresh items for you!