











# Green: Donate Often








## CARBOHYDRATES

- Brown rice 
- Whole-grain pastas 
- Gluten-free pastas  

Great for gluten-free clients as well as those with diabetes due to their low glycemic content. Plus, they are more filling due to their protein content!

- Quinoa   
- Other whole grains
- Dried beans, lentils 
- Steel-cut oatmeal
- White rice

## PANTRY STAPLES

- Vegetable-based oils
- Vinegar
- Nuts  
- Dried fruits 
- Canned fruit in 100% juice 
- Low-sodium vegetables and beans
- Low-sodium soup and nut butter
- Shelf-stable tofu  
- Low-sodium canned meat/fish in water
- Coffee (instant) and tea
- Shelf-stable dairy
- Shelf-stable non-dairy milk 



## HOME COOKING

These options help our clients feel empowered to make healthy choices!

## SPICES + CONDIMENTS

- Black + white pepper
- Cinnamon
- Cumin
- Curry powder
- Garlic powder
- Pepper flakes
- Salt
- Turmeric
- Coconut milk
- Enchilada sauce
- Fish sauce
- Gochujang
- Hot sauce
- Ketchup
- Oyster sauce
- Pickled jalapeños
- Soy sauce
- Sriracha
- Tahini

## BAKING SUPPLIES

- Flour
- Baking powder
- Baking soda
- Honey
- Sugar
- Stevia
- Vanilla extract



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## INDIVIDUAL SIZE: Weekend Food for Kids and No-Cook options

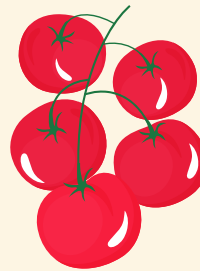
- Shelf-stable dairy milk
- Shelf-stable non-dairy milk
- Fruit cups in 100% juice
- Fruit leather/fruit snacks
- Nuts
- Peanut butter packets
- Protein bars
- Nature's Bakery Fig Bars
- Cereal cups  
(Honey Nut Cheerios are a favorite!)
- Microwaveable meals  
(Example: Madras Lentils)



## BEVERAGES

- Water (still and sparkling)
- Nutritional shakes (Ensure, Boost)

Ensure is a great, nutrient-dense option for some of our older clients and is particularly useful for clients undergoing cancer treatment. (High-need item!)



## PRODUCE DONATIONS

In Spring, Summer, and even through Fall, many of our neighbors realize they have an excess of produce in their gardens and p-patches! We always happily accept fresh produce, which is full of nutrients and helps promote home cooking. Come see us when you have too many tomatoes to count!

## WHY CULTURALLY RELEVANT FOODS MATTER

It's important to provide options that are reflective of our clients' cultural diversity and dietary needs to encourage healthy food choices. When there is a lack of culturally relevant, healthy food options, shoppers may defer to unhealthy, inexpensive options to alleviate hunger which further contributes to poor health outcomes.



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## MISCELLANEOUS

- Menstrual pads and tampons, various sizes
- Baby wipes
- Cat food (Especially wet!)
- Cat litter
- Dog food
- Adult diapers, various sizes
- Household cleaning wipes
- Deodorant
- Tissues
- Paper towels
- Toilet paper
- Shampoo
- Conditioner
- Body wash
- Toothbrushes
- Toothpaste



## Red: Donate Less

While we appreciate all donations, we'd like to discourage donations of the items below as they provide minimal nutritional value and are high in saturated fat, added sugar, and sodium which contributes to chronic disease.

### CARBOHYDRATES

- Cookies
- Candy
- Chips



### CANNED ITEMS

- Canned fruit in heavy syrup
- High-sodium canned vegetables
- Soups and stews high in sodium, saturated fats  
(Chef Boyardee, Nalley Chili)

### BEVERAGES

- Soda, regular or diet
- Energy drinks

