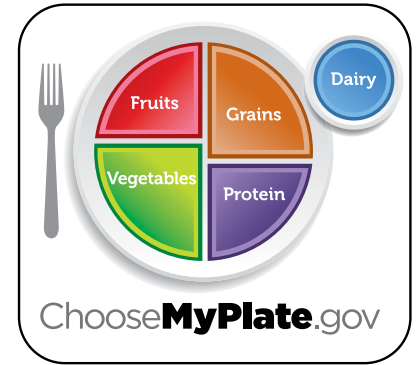


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Food Pantry Wish List



Use these ideas to help you choose healthful products to donate to food pantries.

Compare Nutrition Facts labels to get the most nutrition for your money.

If you wish to donate fresh and/or frozen fruits, vegetables, meat or other perishable food items, be sure to contact the food pantry first to be sure it can accept them.

Keep perishable items refrigerated or frozen to maintain their safety and quality.

Consider donating nonfood items such as can openers, cutting boards, paring knives or zip-top baggies.

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web-1-15; web-9-20; web-1-21

▼ Grains

- Bran cereals
- Bread
- Bread or muffin mixes
- Cold and hot cereals
- Dry pasta noodles
- Flour
- Graham crackers
- Granola bars
- Infant cereal
- Macaroni and cheese mixes
- Noodle mixes
- Oatmeal
- Pancake mix
- Popcorn
- Rice and rice mixes
- Shredded wheat
- Whole-grain crackers

▼ Vegetables

- Baby food – vegetables
- Canned tomato products
- Canned vegetables
- Fresh and frozen vegetables*
- Spaghetti sauce
- Vegetable juice
- Vegetable soup

▼ Fruits

- Apple sauce
- Baby food – fruit
- Canned and boxed 100% fruit juice
- Canned fruit
- Dried fruit (raisins, etc.)
- Fresh and frozen fruit*
- Fruit leather made from 100% fruit

▼ Dairy

- Evaporated milk
- Fresh milk, yogurt, cheese*
- Infant formula
- Instant breakfast drinks
- Nonfat dry milk
- Powdered milk
- Shelf-stable (UHT) milk

▼ Protein Foods

- Baked beans
- Bean soup
- Beef stew
- Canned and dry beans
- Canned chili
- Fresh or frozen meat, poultry and fish*
- Nuts/trail mixes

- Peanut butter
- Pouched/canned chicken
- Pouched/canned tuna or salmon

▼ Spices/Herbs

- Basil
- Cinnamon
- Garlic or onion powder
- Oregano
- Pepper

▼ Other

- Honey
- Jelly and jam
- Ketchup or mustard
- Mayonnaise
- Salad dressings
- Sugar
- Syrup
- Vegetable oils

* Before you donate fresh or frozen foods, check that the facility has refrigerator or freezer storage facilities.

For more information about food and nutrition, visit www.agndsu.edu/food.

For more information on this and other topics, see www.ag.ndsu.edu