Use these ideas to help you choose healthful foods 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/distribution center first to be sure it can accept them.

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

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This publication will be made available in alternative formats for people with disabilities upon request, (701) 231-7881.

▼ Grains
Bran cereals
Bread
Bread or muffin mixes
Cold and hot cereals
Dry noodles and pasta
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

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

▼ Protein Foods
Baked beans
Bean soup
Bean stew
Canned and dry beans
Canned chicken
Canned chili
Canned tuna or salmon
Fresh or frozen meat, poultry and fish*
Peanut butter

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

* 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.ndsu.edu/eatsmart.