

“Many local food pantry clients need healthy foods, due to their health conditions. Others desire healthy foods, to meet their families' basic needs. Please consider giving healthier shelf-stable food items the next time you donate.”

- Lisa Uganski, RD, Ottawa County Department of Public Health; Ottawa County Food Policy Council

Suggested items to donate to your local food pantry:

- Canned vegetables (low sodium or no salt added preferred)
- Vegetable juice with no salt added
- Canned fruit in 100% juice
- 100% fruit juice
- 100% whole grain bread or pasta; brown rice (without added fat or cheese)
- Whole grain cereals without added sugar (oatmeal/shredded wheat)
- Dried or canned beans with no salt added
- Canned chicken and canned tuna in water, with 140mg sodium or less per serving
- Peanut butter
- Shelf-stable low fat dairy products (boxed milk, dry milk or evaporated milk)
- Soup with less than 400 mg sodium per serving

