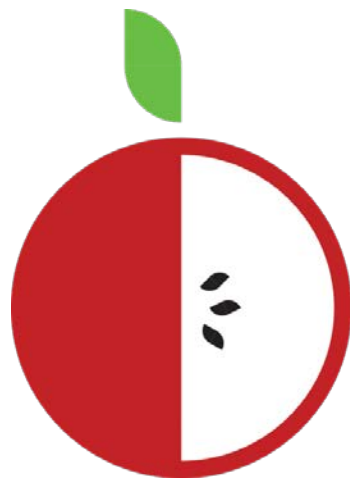


## Suggested Healthy Food Donations

- Canned vegetables (no salt added or low sodium)
- 100% fruit and vegetable juices
- Canned fruit in 100% juice
- Dried fruits and vegetables with no added sugar or fat
- 100% whole grain bread or pasta
- Brown rice or wild rice
- Whole grain cereals with at least 3 grams of fiber (Cheerios®, Shredded Wheat)
- Oatmeal
- Canned beans with no salt added
- Dried beans, peas and lentils
- Low-sodium or water packed canned meats and seafood
- Unsalted nuts (peanuts, almonds, cashews)
- Peanut butter
- Shelf-stable low fat dairy products (boxed milk, dry milk or evaporated milk)
- Soup with less than 400 mg sodium per serving

“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 healthy food items when you donate to food pantries.”

- Lisa Uganski, MPH, RD  
Ottawa County Department of Public Health  
Ottawa Food Coordinator



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