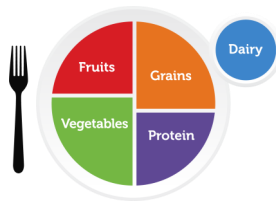


HEALTHY DONATION SUGGESTIONS

Healthy Pantries = Healthy Families

HEALTHY MYPLATE ITEMS



WHOLE GRAINS

- Whole grain cereals (oatmeal, Cheerios)
- Whole grain bread and crackers
- Whole grain pasta or brown rice

FRUIT & VEGETABLES

- Shelf-Stable fruit, packed in juice, no-sugar
- Shelf-stable vegetables, low-sodium or no-sodium

MEATS & PROTEINS

- Canned meat, chicken, salmon, or tuna
- Peanut butter (no added sugars)
- Dried or canned beans (low or no sodium)

DAIRY

- Shelf-stable milk, low or non-fat
- Soy milk, calcium fortified, unflavored
- Dry milk, non-fat

NO-COOK, EASY-OPEN KITS

In addition to MyPlate items, food pantries always ask for easy open, no-cook items for those who may not have access to refrigeration or cooking equipment. Here are some ideas:

- Cracker Kits (such as Tuna & Crackers or Chicken Salad & Crackers)
- Peanut Butter & Crackers (or small packable PB jars & whole grain crackers)
- Jerky or dried meat, low-sodium
- Packaged nuts, low-sodium
- Pop-top soups & chilis
- Easy-open fruit packs
- Dried fruit, no added sugar
- Nutrition bars
- Shelf-stable milk boxes
- 100% juice boxes or pouches

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