

# Food Bank Items Needed

## Fruits and Vegetables

- Fresh fruits and vegetables .....YES ..... NO
- Low-sodium or water packed canned vegetables .....YES ..... NO
- Tomato sauce and tomato paste .....YES ..... NO
- Canned fruits in 100% juice or lite syrup .....YES ..... NO
- 100% fruit and vegetable juices .....YES ..... NO
- Dried fruits and vegetables with no added sugar .....YES ..... NO

## Protein

- Fresh or frozen meat .....YES ..... NO
- Water-packed canned meats and seafood such as chicken and tuna.....YES ..... NO
- Low-sodium or water packed canned vegetables .....YES ..... NO
- Tomato sauce and tomato paste .....YES ..... NO
- Dried beans, peas and lentils .....YES ..... NO
- Low-sodium, canned beans and peas such as kidney, black, and chickpeas .....YES ..... NO

## Dairy and Dairy Substitutes

- Fresh milk and fresh low-fat milk .....YES ..... NO
- Shelf stable milk or non-dairy alternatives such as soy and almond milk .....YES ..... NO

## 100% Whole Grains

- Fresh whole grain bread .....YES ..... NO
- Whole-wheat pasta, barley, brown rice, and wild rice .....YES ..... NO
- Whole-grain cereal and rolled oats .....YES ..... NO

## Healthy Fats

- Low-sodium nuts and nut butters such as peanuts, almonds, and cashews .....YES ..... NO

## Other Items Needed

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