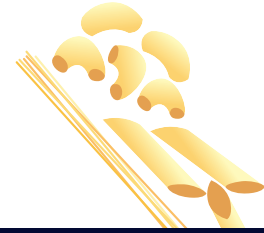


# Pantry Staples Food Drive



Join our Food Pantry in nourishing our neighbors by donating shelf stable items from the five MyPlate food groups

These healthy shelf-stable items help households build a variety of nutritious meals and snacks!



## PROTEIN

- Dried beans, chickpeas, or lentils
- Canned tuna, chicken, or salmon
- Nut butters with less than 230 mg sodium & 4 g sugar per serving
- Unsalted or lightly salted nuts
- Chia, pumpkin, or sunflower seeds
- Trail mix
- Low sodium canned beans



## GRAINS

- Cereal and oatmeal with less than 12 g of sugar
- Whole grain bread, pasta, or tortillas
- Barley, quinoa, and couscous
- Brown rice and instant rice
- Whole grain flour
- Rice cakes



## DAIRY

- Shelf-stable low-fat dairy, soy, almond, or rice milk
- Powdered milk



## VEGETABLES

- No added salt canned vegetables
- No added salt or low sodium spaghetti sauce
- Low sodium canned soups
- Instant mashed potatoes



## FRUITS

- Canned fruit in water, light syrup, or 100% juice
- Unsweetened applesauce
- Dried fruit



## OTHER

- Canola or olive oil
- Low sodium broth
- Tea, coffee
- Dried herbs and seasonings
- Olive oil mayonnaise



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