

# Go Green!

## Shopping List



Support your local food pantries by donating the following nutritious foods!

### Fruits

#### Canned

- Mandarin Oranges .....
- Peaches .....
- Pineapple .....
- Pears .....
- Mixed Fruit .....

#### Other

- Fruit Cups .....
- Applesauce .....
- Raisins/Dried Fruit .....
- 100% Fruit Juice .....



### Vegetables

#### Canned

- Carrots .....
- Peas .....
- Corn .....
- Mixed Vegetables .....
- Tomatoes .....
- Canned Soups .....
- Spaghetti Sauce .....

#### Other

- Dried/Dehydrated
- Vegetables, no fat added .....
- 100% Vegetable Juice .....



### Dairy

- Shelf-stable Lowfat Milk .....
- Evaporated Milk .....
- Powdered Milk .....



### Whole Grains

- High Fiber/Low Sugar Cereal .....
- Whole Grain or Corn Torillas .....
- Whole Grain Bread .....
- Brown or Wild Rice .....
- Old-Fashioned Oatmeal .....
- Whole Grain Crackers .....
- Whole Grain Pasta .....
- Couscous .....
- Quinoa .....



### Proteins

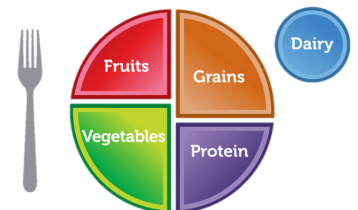
- Canned Tuna (in water) .....
- Canned Salmon (in water) .....
- Canned Chicken (in water) .....
- Unsalted Nuts & Seeds .....
- Low Sodium Nut Butters .....
- Trail Mix .....
- Canned Beans .....
- Low Sodium Meat Jerky .....



Look for pop-top cans or pouches!

## Food is Medicine!

Green light foods have nutrients to keep your body healthy.



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Pantries are often in need of other items to help families - shop the list below!

### Herbs & Spices

- Chili Powder .....
- Garlic Powder .....
- Onion Powder .....
- Cinnamon .....
- Ground Cumin .....
- Basil .....
- Oregano .....
- Paprika .....
- Pepper .....
- Red Pepper Flakes .....
- Cayenne Pepper .....



### Hygiene Items

- Bar Soap .....
- Shampoo .....
- Conditioner .....
- Feminine Hygiene Products .....
- Toothpaste .....
- Toothbrush .....
- Mouthwash .....
- Disposable Diapers .....
- Diaper Wipes .....
- Diaper Rash Ointment .....



### Other Food Items

- Canola or olive oil .....
- Low sodium broth .....
- Baby Formula .....
- Baby Food .....
- Whole Grain Flour .....

### Household Supplies

- Laundry Detergent .....
- Dishsoap .....
- Household Cleaners .....
- Sponges .....
- Paper Towels .....
- Toilet Paper .....



Purchasing smaller containers helps pantry guests transport the hygiene items home.



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

