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

Eating a nutritious breakfast is important to help focus, boost productivity, and keep energy levels up.

**PROTEIN**
Nut butters: peanut, almond, cashew with less than 230 mg sodium & 4 g sugar per serving

**VEGETABLES**
Low-sodium canned vegetables
100% vegetable juice

**GRAINS**
Cereal and oatmeal with less than 12 g of sugar
Whole grain bread, bagels, or English muffins
Whole grain or corn tortillas
Shredded wheat cereal
Whole grain granola
Pancake mix

**FRUITS**
Canned fruit in water, light syrup, or 100% juice
Unsweetened applesauce
Plain dried fruit
100% fruit juice
100% fruit pouches

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

**OTHER**
Coffee
Tea
Syrup
Coffee creamer
Baby food
Baby formula

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