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

**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

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

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

This institution is an equal opportunity provider. This material was funded by USDA’s Supplemental Nutrition Assistance Program - SNAP. University of Illinois | United States Department of Agriculture | Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment. Illinois Extension: https://go.Illinois.edu/EatMoveSave. Illinois at Chicago: http://cphp.uic.edu