



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



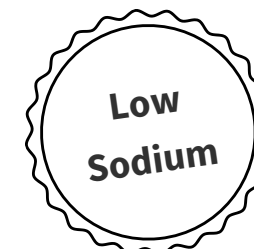
## Whole Grains

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



## Proteins

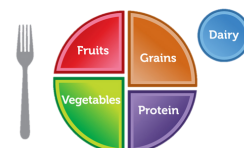
- ☐ Canned Tuna (in water)
- ☐ Canned Salmon (in water)
- ☐ Canned Chicken (in water)
- ☐ Unsalted Nuts & Seeds
- ☐ Low Sodium Nut Butters
- ☐ Trail Mix
- ☐ Canned Beans
- ☐ Low Sodium Meat Jerky



Look for pop-top cans or pouches!

## Food is Medicine!

Green light foods have nutrients to keep your body healthy.



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

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