

# 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

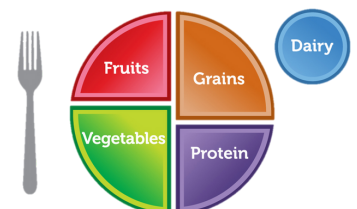
- ☐ Canned Tuna (in water).....
- ☐ Canned Salmon (in water).....
- ☐ Canned Chicken (in water).....
- ☐ Unsalted Nuts & Seeds.....
- ☐ Low Sodium Nut Butters.....
- ☐ Trail Mix.....
- ☐ Canned Beans.....
- ☐ Low Sodium Meat Jerky.....



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.....



### Other Food Items

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

### Hygiene Items

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



### Household Supplies

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

### Questions?

Contact SNAP-Education Program Coordinator  
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**Purchasing smaller containers  
helps pantry guests transport the  
hygiene items home.**



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



**Food Pantry  
Network - HOI**  
CULTIVATING CONNECTIONS-ALLEViating HUNGER-IMPROVING HEALTH

**NOURISH**  
—YOUR—  
**NEIGHBOR**