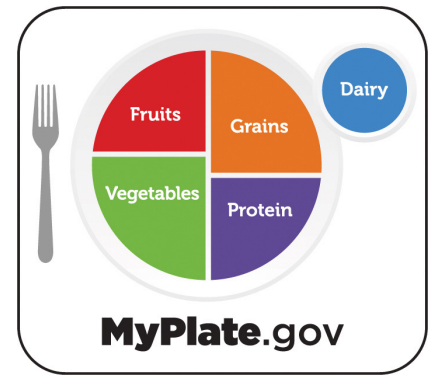




Healthy Donations List

Join the Knox County Local Food Council in nourishing our neighbors by donating shelf-stable items from the five MyPlate food groups for food pantries, the Mid-Ohio Market at Center of Hope, and community meals.



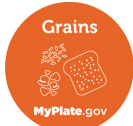
Helpful Hints:

- Choose pop-top lids
- Check food expiration dates
- Look for the Nutrition Facts label to determine how much: Saturated Fat, Sodium, Dietary Fiber, and Sugar



PROTEIN

- Low-sodium canned beans
- Dried beans, peas, or lentils
- Unsalted or lightly salted nuts
- Trail mix with less than 230 mg sodium
- Canned tuna, chicken, or salmon in water
- Nut butter: peanut, almond, or cashew with less than 230 mg sodium and 6 g sugar per serving



GRAINS

- Cereal and oatmeal with less than 12 g of sugar
- Whole grain bread, pasta, or tortillas
- Barley, quinoa, or couscous
- Brown rice or instant rice
- Whole grain crackers
- Whole grain flour
- Corn tortillas

Seasonings

- | | | |
|-----------------|-------------|------------------------|
| • Pepper | • Dill weed | • Italian seasoning |
| • Chili powder | • Vinegar | • Ground ginger |
| • Garlic powder | • Vanilla | • Pumpkin pie spice |
| • Onion powder | • Nutmeg | • Sugar substitutes |
| • Dried herbs | • Cinnamon | • Low sodium broth |
| | | • Brown or white sugar |



VEGETABLES

- No added salt canned vegetables
- No added salt or low sodium spaghetti sauce
- Low sodium canned soups
- 100% Vegetable juice



FRUITS

- Canned fruit in water, light syrup, or 100% juice
- Unsweetened applesauce
- Plain dried fruit
- 100% Fruit juice (no added sugar)
- 100% Fruit pouches



DAIRY

- Shelf -stable low-fat dairy, soy, almond, or rice milk (for example: powdered milk)

Basic Necessities

- | | | |
|----------------|-----------------------------|------------------------------|
| • Toilet paper | • Hair spray | • Diapers |
| • Soap | • Toothpaste | • Baby wipes |
| • Lotion | • Floss | • Laundry detergent |
| • Deodorant | • Toothbrush | • Dryer sheets |
| • Shampoo | • Feminine hygiene products | • Can openers (non-electric) |
| • Conditioner | | |



This institution is an equal opportunity provider

"The opinions, products, activities and/or services of this organization are neither sponsored nor endorsed by the school district."

For more information on how to read and use the Nutrition Facts label...

Scan the QR code

