

Acceptable Foods for Donation

Milk

2%Whole Milk

Yogurt

Protein

Hamburger

Beef

Ham

Turkey

Chicken (no nuggets or chicken strips)

Fish (not breaded)

Pork

Cheddar cheese (not processed)

Eggs

Beans

Peanut Butter

Canned Tuna

Vegetables

Canned Corn

Canned Green Beans

Canned Mixed Vegetables

Canned Tomatoes

Tomato Paste

Tomato Sauce

Spaghetti Sauce

Enchilada Sauce

Fresh Vegetables

Carrots

Corn

Celery

Lettuce

Green Peppers
Onions
Squash
Tomatoes
Cucumbers
Zucchini

Fruits

Apples
Peaches
Nectarines
Berries
Oranges
Strawberries
Watermelon
Cantaloupe
Bananas
Frozen Berries
Frozen Strawberries
Fruit Juice (100%)
Canned Peaches
Canned Pears
Fruit Cocktail
Pineapple
Raisins
Craisins

Bread or Bread Alternative

Bread Whole Wheat or Enriched Flour
Bagels
English Muffins
Cereal
Cheerios
Honey Nut Cheerios
Chex

Kix
Corn Flakes
Instant Oatmeal
Oatmeal
Crackers
Ritz
Wheat
Saltines
Graham Crackers
Granola Bars
Fruit Bars
Noodles

Other

Rice
Potatoes
Sugar
Salt
Flour
Baking Powder
Spices
Chocolate Chips
Muffin Mixes
Brown Sugar
Powdered Sugar
Soups
Chicken Noodle
Tomato
Cream of Chicken
Cream of Celery
Cream of Mushroom
Chicken Broth
Vegetable Broth
Beef Broth
Bisquick
Coffee
Instant Tea

Syrup
Pancake Mix
Crisco
Oil
Ketchup
Mustard
Mayonnaise
Relish
Salad Dressings