

# Healthy Donations List

## Fruit

- ☐ Canned fruit packed in 100% juice or light syrup
- ☐ 100% fruit juice
- ☐ Dried fruits with no sugar added

## Proteins

- ☐ Low sodium\* canned meats like tuna, salmon, and chicken
- ☐ Low sodium\* canned beans like kidney, black, cannellini, chickpeas
- ☐ Dried beans, peas, and lentils
- ☐ Nut butters such as peanut, cashew, sunflower, and almond
- ☐ Low sodium\* or no salt added nuts

## Other

- ☐ Spices (garlic powder, onion powder, Italian seasoning, chili powder, cinnamon, cumin, etc.)
- ☐ Salt and pepper
- ☐ Healthy oils (canola, olive)
- ☐ Vinegar
- ☐ Flour
- ☐ Sugar
- ☐ Coffee or tea
- ☐ Condiments (ketchup, mustard, salsa, salad dressing, soy sauce)

## Vegetables

- ☐ Low sodium\* canned vegetables
- ☐ 100% vegetable juice

## Grains

- ☐ Low sugar\*\* cereals and oatmeal
- ☐ Pasta or whole wheat pasta
- ☐ White rice, jasmine rice, basmati rice, wild rice, or brown rice
- ☐ Other whole grains like quinoa, barley, bulgur, and farro

## Dairy

- ☐ Shelf stable milk or milk alternatives
- ☐ Powdered milk

## Mixed Dishes

- ☐ Mac and cheese
- ☐ Hamburger Helper
- ☐ Rice pilaf or instant seasoned rice
- ☐ Beef stew
- ☐ Low sodium\* canned soup or broth
- ☐ Other low sodium packaged prepared meals ( $\leq 480$  mg sodium per serving)

\*Low sodium foods have  $\leq 230$  mg sodium per serving.

\*\*Low sugar foods have  $\leq 6$  g added sugar per serving.

### Donation Tips:

- Do not donate cans without labels, dented rims, swelling, large dents, leaks, or rust.
- Do not donate dry product that has been torn open, become wet, or has mold.
- Use caution when donating expired products. Follow the chart below for more information.

Follow this chart to see how long unopened products will last past their expiration date.

Shelf Stable Product	Shelf Life After Date
High Acid Cans (Tomato Sauce, Pickles, Baked Beans)	18 months
Low Acid Cans (Carrots, Corn, Beans)	5 years
Pasta	2 years
Rice	2 years (white), 1 year (brown)
Flour	1 year (cake or all purpose), 6 months (whole wheat)
Sugar	2 years (white), 18 months (brown)
Oil	6 months
Baking Mixes	1 year
Dried Beans	1 year
Canned Meat	3 years
Cereal	1 year (ready to eat), 6 months (cook before eating)
Nuts	4 months (shelled), 6 months (unshelled)
Peanut Butter	9 months

For more information on food safety storage guidelines visit:

<https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>