



GUIDELINES FOR HEALTHY FOOD DONATIONS

Next time you donate, keep in mind the following healthy food items:

Fruits

Canned fruit in its own juice
100% fruit juice
no sugar added applesauce

Vegetables

Canned vegetables
(low sodium or no salt added)

Grain

Whole grain pasta, brown rice
or quinoa
Oatmeal or breakfast cereals
(whole grain or low sugar)

Protein

Canned meats such as tuna,
chicken and salmon
Beans, canned or dried, split
peas and lentils, or peanut butter

Dairy

Shelf stable low-fat milk,
non-fat dried
powder milk, dry-grated
Parmesan cheese

Other items

Olive oil, canola oil
low sodium/no salt added broths,
lemon juice or vinegar
Spices such as salt, pepper,
cinnamon
oregano, parsley, chili powder
or dill

Hearty Produce Works Too!

*Non-refrigerated items, such
as: Apples, Citrus fruits,
Potatoes, Onions, Garlic
and more

For more information:

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Hunger Nutrition Coalition of Bucks County <http://www.hncbucks.org>  @HNCBucks  @HNCBC

The mission of the HNC is to ensure food security and access to healthy nutritious food for residents of Bucks County by educating, connecting and promoting the efforts of hunger relief partners.

