



HOLIDAY FOOD DRIVE HEALTHY DONATION LIST

FRUITS:

- Canned Fruit in 100% fruit juice or water
- Applesauce, unsweetened
- Dried fruit, unsweetened, such as raisins
- 100% Fruit juice

VEGETABLES:

- Canned Vegetables, no salt added
- Canned Tomatoes, no salt added
- Salsa, low sodium
- Pasta sauce, low sodium

PROTEINS:

- Peanut Butter
- Canned beans, peas, or lentils, low sodium
- Dried beans, peas, or lentils
- Canned tuna or chicken in water, low sodium
- Nuts or seeds, unsalted

WHOLE GRAINS:

- Whole grain or whole wheat pasta
- Oatmeal or whole grain cream of wheat
- Whole grain crackers
- Whole wheat or corn tortillas
- Whole grain cereal
- Popcorn, 94% fat-free

DAIRY:

- 1% Low fat or fat-free milk, shelf stable or dry
- Almond milk, unsweetened, shelf stable
- Soy milk, unsweetened, shelf stable
- Evaporated milk

COMBINATION FOODS:

- Soups, stews, or chili, low sodium
- Broth or stock, low sodium
- Mac & Cheese, whole grain
- Baking mixes

SNACKS:

- Granola bars, low sugar
- Fruit cups, in 100% fruit juice or water
- Sandwich cracker packs
- Pretzels

BABY SUPPLIES

- Infant formula
- Baby food, toddler
- On-the-go food packs
- Teething snacks

TOILETRIES:

- Toothbrush & toothpaste
- Pads & tampons
- Body soap
- Shampoo & conditioner

CONDIMENTS & OILS

- Vegetable, olive, or canola oil
- Fruit spreads
- Light salad dressings
- Dried herbs & spices

Choose pop-top lids & check the expiration dates!

Questions? Contact the Mav Market at mavmarket@mercy.edu