



HEALTHY FOOD DONATION LIST

Supporting Wellness at Pantries (SWAP) is a system for ranking foods by nutrition to stock a food pantry with healthier food items. Please help us support the health and well-being of our clients and community by increasing the amount of healthy food you donate. Please consider giving more of the following foods:

FRUITS

Fresh fruit (do not leave in donation drop box)

Canned fruit, with less than 12g of sugar

100% fruit juice



DAIRY

Low-fat or non-fat shelf stable milk

Low-fat or non-fat yogurt
(do not leave in donation drop box)



VEGETABLES

Fresh vegetables (do not leave in donation drop box)

Canned vegetables, low sodium (less than 140mg sodium) and low sugar (less than 4g of sugar)

100% vegetable juice



WHOLE GRAINS

100% whole wheat or whole grain bread, tortillas, and pasta

Brown or wild rice

1st ingredient whole-grain breakfast cereals with less than 6g of sugar



PROTEIN

Low-or no-salt added canned beans with less than 200mg of sodium

Dried beans

Canned tuna in water



OTHER FOODS

Low-or no salt-added canned and shelf-stable soups and broths with less than 480 mg of sodium and less than 3 g of saturated fat

Spices and dried herbs

