




# Top 20 Healthy Food Donation Ideas

Each month, over 1000 households in Madison County are helped by their local food pantry.

Help your food pantry improve the quality of food offered. Donate foods with high nutritional value. When giving, please consider these healthier options.

<p><b>Vegetables and Fruit</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned light fruit</li> <li><input type="checkbox"/> Canned vegetables</li> <li><input type="checkbox"/> Dried fruit/raisins</li> <li><input type="checkbox"/> 100% fruit juice</li> <li><input type="checkbox"/> Pasta sauce</li> <li><input type="checkbox"/> Broth</li> <li><input type="checkbox"/> Low-sodium soup</li> </ul> 	<p><b>Grain Products</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Cereal, not sugar coated</li> <li><input type="checkbox"/> Oatmeal</li> <li><input type="checkbox"/> Brown rice</li> <li><input type="checkbox"/> Whole grain pasta</li> <li><input type="checkbox"/> Crackers</li> <li><input type="checkbox"/> Graham crackers</li> </ul> 	<p><b>Meat &amp; Alternatives</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned fish or chicken</li> <li><input type="checkbox"/> Peanut butter</li> <li><input type="checkbox"/> Canned beans</li> <li><input type="checkbox"/> Lightly or unsalted nuts</li> </ul>  <p><b>Milk &amp; Alternatives</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Powdered milk/shelf stable milk</li> <li><input type="checkbox"/> Evaporated milk (skim or 1%)</li> </ul>
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**Please be sure the food has not expired.**

**Other Suggestions:**

- ◆ Choose low-sodium options for beans, broth, soup, and vegetables.
- ◆ Choose low-fat or whole grain options for cereal, crackers, and pasta.
- ◆ Fresh garden produce is welcome.
- ◆ Single serving foods like fruit cups and 100% fruit juice boxes are easy and safe to pack for school lunches.
- ◆ Consider donating money. One dollar can buy seven pounds of healthy food from the Food Bank of CNY.
- ◆ When in doubt, call your local food pantry. Visit [www.capmadco.org](http://www.capmadco.org) for a pantry near you.

- Adapted from United Way, Elgin, Illinois, and Simcoe Muskoka District Health Unit, Canada -

*The food donation ideas listed here help nourish people with healthy foods. Thank you for investing in the health of the people in your community.*




*The Madison County Living Well Partnership is a community coalition promoting local changes that make it easier for people living and working in Madison County to eat well and be physically active.*



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