

Food Pantry Wish List

Use these ideas to help you choose healthful products to donate to food pantries.

Compare Nutrition Facts labels to get the most nutrition for your money.

If you wish to donate fresh and/or frozen fruits, vegetables, meat or other perishable food items, be sure to contact the food pantry first to be sure it can accept them.

Keep perishable items refrigerated or frozen to maintain their safety and quality.

Consider donating nonfood items such as can openers, cutting boards, paring knives or zip-top baggies.

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▼ Grains

Bran cereals
Bread
Bread or muffin mixes
Cold and hot cereals
Dry pasta noodles
Flour
Graham crackers
Granola bars
Infant cereal
Macaroni and cheese mixes
Noodle mixes
Oatmeal
Pancake mix
Popcorn
Rice and rice mixes
Shredded wheat
Whole-grain crackers

▼ Vegetables

Baby food – vegetables
Canned tomato products
Canned vegetables
Fresh and frozen vegetables*
Spaghetti sauce
Vegetable juice
Vegetable soup

▼ Fruits

Apple sauce
Baby food – fruit
Canned and boxed 100% fruit juice
Canned fruit
Dried fruit (raisins, etc.)
Fresh and frozen fruit*
Fruit leather made from 100% fruit

▼ Dairy

Evaporated milk
Fresh milk, yogurt, cheese*
Infant formula
Instant breakfast drinks
Nonfat dry milk
Powdered milk
Shelf-stable (UHT) milk

▼ Protein Foods

Baked beans
Bean soup
Beef stew
Canned and dry beans
Canned chili
Fresh or frozen meat, poultry and fish*
Nuts/trail mixes
Peanut butter
Pouched/canned chicken
Pouched/canned tuna or salmon

▼ Spices/Herbs

Basil
Cinnamon
Garlic or onion powder
Oregano
Pepper

▼ Other

Honey
Jelly and jam
Ketchup or mustard
Mayonnaise
Salad dressings
Sugar
Syrup
Vegetable oils

* Before you donate fresh or frozen foods, check that the facility has refrigerator or freezer storage facilities.

For more information about food and nutrition, visit www.ag.ndsu.edu/food.