

FOOD PANTRY HEALTHY DONATION LIST



Grains and Starches

- Pasta or noodles, including whole wheat
- Whole wheat crackers-reduced fat
- Whole grain cereals- less than 5g sugar/serving
- Oatmeal-old fashioned (canister)-unsweetened
- Whole wheat/whole grain or corn tortillas
- Pancake mix, including whole grain
- Brown rice
- Pretzels-no surface salt
- Rice cakes-plain
- Granola bars-high fiber, less than 5g sugar/serving
- Popcorn-unsalted, low fat**

Note: look for the words "100% whole wheat" or "100% whole grain" on the label; whole grain ingredients should be the first ingredients listed.



Protein Foods

- Canned tuna, salmon, or chicken- in water
- Nuts and seeds-unsalted
- Peanut or other nut butter (ex. soy, sunflower seed)
- Dried beans, peas, and lentils
- Canned beans-no added salt*
- Soups/stews with meats and beans-reduced sodium*

***Note: look for sodium content less than 500mg/serving**

****Note: a low-fat food has no more than 3g of total fat per serving**



Beverages

- Milk- low-fat or fat free, powdered or shelf-stable (including non-dairy milks like soy, almond, etc.)
- Fruit juice, canned or shelf stable (100% juice)
- Water-bottled, plain



Fruits and Vegetables

- Canned fruit (in 100% juice or light syrup)
- Dried fruits-no added sugar
- Applesauce-no added sugar
- Fruit juice-canned or shelf-stable (100% juice)
- Canned vegetables-no salt added or reduced sodium*
- Tomato or pasta sauce-no salt added or reduced sodium*
- Vegetable soups-reduced sodium*

Condiments

- Vegetable oils
- Cooking spray
- Vinegars
- Salad dressings-low fat**
- Spice mixes and dried herbs-no salt added
- Syrup-lite
- Jams and jellies- 100% fruit

*Gluten-free items welcome



How many can you feed today?

1 in 7 NJ kids will miss more than one meal today.

For every dollar you give, we can provide three meals.



We are able to purchase food in bulk at a discounted rate. Monetary donations are always appreciated! Hunger touches every community in the state, including yours. Please donate today.

Other Suggested Pantry Donations and Tips

Paper products, laundry detergent, soap

Feminine hygiene products, shampoo/conditioner,
toothpaste

Gluten free food products

Single-serving food items/packs

Consider donating several of the same food item

Please no candy or soda donations

Monetary donations are always welcome!

THANK YOU!

Not sure what to
donate?

What does your family
enjoy for a healthy meal?

Consider donating several of the
SAME items. (10 cans of tuna)

This makes it easier for the food pantry to
organize and store your donation!