

Healthy Food Pantry Wish List



**Council of Churches
of the Ozarks**
Crossline Food Services

Fruits

Canned fruits in light syrups or in own juices
No sugar added applesauce
Fruit snacks (100% juice)
Fruit Cups (100% fruit)
Juice - Canned and boxed (100% fruit)



Vegetables

Low-sodium or "no salt added" canned vegetables
Low-sodium canned tomato products
Reduced sodium spaghetti sauce
Low-sodium V-8 juice
Tomato paste
Reduced sodium vegetable soups

Grains, Cereal, Rice and Pasta

Brown Rice
Whole wheat/bran cereal (>5 grams of fiber)
Whole grain crackers (>2 grams of fiber)
Plain oatmeal
Granola bars/Shredded wheat (>2 grams of fiber)
Hot cereal mixes - cream of wheat, cream of rice
Whole wheat pasta
Egg noodles
Corn tortillas



Poultry, Fish, Beans and Nuts

Canned chicken
Canned salmon or low-sodium tuna in water
Dried beans
Low-sodium canned beans - all varieties
Unsalted nuts
Reduced sodium peanut butter

Milk and Cheese

Powdered milk
Shelf-stable milk, soy or almond milk (in a box)
Cheddar, mozzarella or feta cheese

Fats and Oils

Canola, coconut or olive oil
Low-sodium salad dressing - Italian, vinaigrette
Popcorn - lower sodium, low-fat

